

Brain Frequencies - Anecdotal Listing of Frequencies

Brainwave Frequency Listing

Michael Triggs

This is a listing of frequencies that various parties have claimed can affect the human mind or body in some way. The following sorts of frequencies are included :

- Brainwave Frequencies - These are frequencies associated with various mental states. Using [brainwave entrainment](#), you can coax your brainwaves to a certain frequency, and in doing so, achieve the mental state associated with that frequency.
- "Healing" Frequencies - These are frequencies that various parties claim could be used to heal illnesses of different kinds, or stimulate some region of the body (chakras). The medium used to do this varies - some of these parties used devices that generated EM fields which were applied to a precise part of the body, while others used vibration and sound. (I don't have any experience with using EM fields - most of my personal toying about with this stuff uses a sound medium.)
- Natural Phenomena Frequencies - This includes natural frequencies that occur in nature [Schumann's Resonance, for instance], as well as sound tones calculated from the revolution/orbit of the various planets. The sources of these frequencies claimed that they could affect humans in a variety of ways.

If you want to redistribute this, please include the Bibliography page as well -- the original sources deserve their reference. Also, please leave my introduction at the top as it is, along with my name, email, and URL.

Disclaimer : I wouldn't take everything you read on this list for granted. Some of it is verifiable by science -- and, there's probably a lot of new-agey crap as well. Although the mere fact some of it sounds new-agey in itself doesn't mean there isn't some truth to it. (The powers that be might have just been too imaginative naming it.)

Disclaimer #2 : Anything you do with the frequencies below is your personal risk - if you manage to burn out a couple of brain cells or harm yourself in some other way, I do not take any responsibility nor will I be held liable. (Just protecting my butt here.)

Sincerely,

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CYCLES PER SECOND (HERTZ), and Correspondences to MENTAL STATES, PHYSIOLOGY, COLORS, NOTES & PLANETS

These frequencies are of all types; light, sound, electrical, etc. The two- or three-character source codes after each frequency are defined in the [bibliography](#).

0.1-1 Organ/muscle resonances [SS]

0.1-3 [Delta range](#), according to [NEU+CRI] - [deep sleep](#), [lucid dreaming](#), increased immune functions, hypnosis [NEU]; Decreased awareness of the physical world. Access to unconscious information. Dominant brainwave in infants under one year old. This range normally decreases when we focus, but this doesn't happen when a person with ADD - delta waves actually increase when they try and focus. [CRI]; "Monroe focus 21" [MB2 via DW];

0.16 - 10 - [Neuralgias](#) [AT]

0.18 - 10 - Mod. therapy [AT]

0.20 - 0.26 - Dental pain [AT]

0.20 - 10 - Post-traumatics [AT]

0.28 - 2.15 - Alcohol addiction [AT]

0.28 - 10 - Arthritis [AT]

0.30 - 0.15 - Depression [AT]

0.30 - 10 - Cervobrachial syndrome [AT]

0.37 - 2.15 - Drug addiction [AT]

0.40 - 10 - Confusion [AT]

0.45 - 10 - Muscle pain [AT]

Below 0.5 - [Epsilon range](#), extraordinary states of consciousness, high states of meditation, ecstatic states of consciousness, high-level inspiration states, spiritual insight, out-of-body experiences, Yogic states of suspended animation. [CNR]

0.5 - very relaxing, against headache [MB], for lower back pain [AS] ; [Thyroid](#), reproductive, [excretory stimulant](#), whole brain toner [SS]

0.5-1.5 Pain relief [SS + CMP] ; [endorphins](#), better hypnosis [SS]

0.5-3 [Delta range](#), according to [RA]

0.5-4 **Delta range**, according to [SS,PWM+AWI]. **Deep dreamless sleep**, trance, suspended animation [SS]; Anti-aging. Reduces amount of **cortisol**, a hormone associated with stress & aging. Increases the levels of **DHEA** (anti-aging) & **melatonin** (decreases aging process.) [BAR]; Associated with unconscious mind & sleep state - in conjunction with other frequencies in a waking state, "Delta acts as a form of radar – seeking out information – reaching out to understand on the deepest unconscious level things that we can't understand through thought process." Provides intuition, empathetic attunement & instinctual insight. [AWI]; Conducive to miracle type healing, divine knowledge, inner being & personal growth, rebirth, trauma recovery, "one with the universe" experiences (**samadhi**), near death experience, characterized by "unknowing", merely a blissful "being" state such as deep sleep or coma. [PWM via DW]

- The anti-aging info comes from a Brainwave Generator preset authored by TheMind2 - he uses binaurals at 0.5, 1.0, 1.5, 2.0, 2.5, 3.0, 3.5 & 4.0 HZ. They all play simultaneously.

0.9 Euphoria [SS]

0.95 - 10 - Whiplash [AT]

1-3 - **Delta: deep, dreamless sleep**, trance state, non-REM sleep [??]; profound relaxation, restorative sleep, feelings of tranquility&peace, if one can remain aware [VUG via DW]

- There's disagreement over where the delta range begins & ends - [SS,PWM+AWI] list it as 0.5 to 4.0 HZ, [NEU] 0.1 to 3.0 HZ, & [RA] considers it 0.5 to 3.0 HZ.

1.0 - Feeling of well-being, pituitary stimulation to release growth hormone; overall view of inter-relationships; harmony & balance [MB]

1.05 Helps hair grow + get its color back [RA]; pituitary stimulation to release growth hormone (helps develop muscle, recover from injuries, rejuvenation effects) [HSW]

1.2 - (used on) headaches [RS]

1.45 - Tri-thalamic entrainment format. According to Ronald deStrulle, creates entrainment between **hypothalamus**, pituitary & **pineal**. May benefit dyslexics + people with Alzheimer's. [MP2]

1.5 Abrahams Universal Healing Rate [SS]; Sleep [NEU]; Those individuals whose ailments have manifested into the fourth stage of Chronic Fatigue, where some form of disease is apparent, experienced a release from the negative sensation of their symptoms when moved into 1.5HZ. [NYT via NEU]

1.8 Sinus Congestion seems to clear centering around 1.8 HZ [MPT] (tested with binaural beats, primarily)

2.15 - 10 - Tendovaginitis [AT]

2.06 Associated with coccyx (small triangular bone at end of the spinal column) [TOS]

2.30 Associated with genitals [TOS]

2.5 - pain relief, relaxation [MB]; production of [endogenous opiates](#). [EQ]; Use for sedative effect [ESP]; Sedative effect - reported use on bleeding, bruises, insomnia, and sinusitis. [RS] Sexual stimulation? [SX]

2.57 Associated with bladder [TOS]

2.67 Associated with intestines [TOS]

3.0-5.5 - "[Theta1](#)" [Range](#). [DW]

- [DW] divides the Theta Range into Theta1 & Theta2.

3.0 Increased Reaction Time [RT] [SS]; 3.0 HZ & below used to reduce muscle tension headaches, but worked less well on migraines & sinus headaches. [RED]; used to treat allergies, in conjunction with 330 HZ [RS]

3.07 Associated with hara (3cm or 1.5 inch below navel, balance of pelvis) [TOS]

3 - 4 Influences physical vision [SS]

3 - 6 Childhood awareness/vivid memories [SS+RA]

3 - 8 [Theta Range](#) according to [NEU]; deep relaxation, meditation, increased memory, focus, creativity, [lucid dreaming](#), [hypnagogic state](#) [NEU]

3.4 - Sound sleep

3.5 - Feeling of unity with everything, accelerated language retention [×]; enhancement of receptivity [MB]; Earth Resonance (?) [SS]; (a remedy for) depression & anxiety [ESR]; Wholebeing regeneration, DNA stimulation [DIV]

- [MPT] I was under the impression the Earth Resonance is 7.83 HZ - unless [SS] is talking about a different earth resonance.

3.5-7.5 - Theta Range [per CRI] - Creativity, intuition, daydreaming, fantasizing, recollection, imagery, dreamlike, switching thoughts, drowsiness; "oneness", "knowing", repository for memories, emotions, sensations. Can lead to trance-like states. Theta strong during internal focus, meditation, prayer + spiritual awareness. Reflects state between wakefulness+ sleep. Relates to subconscious. Observed in anxiety, behavioral activation+behavioral inhibition. Promotes learning+memory when functioning normally. (I think they mean it helps you process what you've learned - if you tried to actively learn while in the theta state, I doubt you'd have success - but sometimes the theta state can give your subconscious a chance to chew the proverbial fat that you've learned during the day, and digest it.) Abnormal in awake adults, but seen in children up to 13 years old. Suppression of theta can help concentration/focus of attention. [CRI]

3.6 (a remedy for) anger & irritability [ESR]

3.84 Associated with ovaries (Effects=vitality, life at every level) [TOS]

3.9 (a remedy for) unsociable behavior [ESR]; Theta/Delta brainwave range - crystal clear meditation, lucid dreams, enhanced inner awareness, "facilitates easy access to inner resources & creates space for inner peace + self-renewal". [SED]

4-6 - attitude & behavior change [MH]

4-7 - [Theta Range](#) : recall, fantasy, imagery, creativity, planning, dreaming, switching thoughts, Zen meditation, drowsiness; Access to subconscious images, deep meditation, reduced blood pressure, said to cure addictions [SS]; Reset the brain's sodium potassium levels, which cuts down on mental fatigue [INT]; Increases sex drive [INT] ; Meditation, Intuitive Augmentation [NEU]; Near Sleep brainwaves, conducive to profound inner peace, "mystical truths", transforming unconsciously held limiting beliefs, physical & emotional healing, purpose of life exploration, inner wisdom, faith, meditation, some psychic abilities, & retrieving unconscious material. [PWB]; bursts of inspiration, twilight sleep learning, deep relaxation, reverie, high levels of awareness, vivid mental imagery. [Hypnopompic](#) & [Hypnagogic](#) states [NSS via DW]; Military remote viewers operate in this range [RVX]

- Some disagreement over the theta range - [NEU] lists it as 3.0 to 8.0 HZ. [AWI] lists it as 4.0 to 8.0 HZ. [RA] & [PWB] both have it as 4.0 to 7.0. [DW] divides it into two ranges, Theta1 (3.0-5.5 hz) & Theta2 (5.5-8.0 hz).

4.0 - 8.0 HZ [Theta State](#) according to [AWI]+[VUG via DW] - present in dreaming sleep, deep meditation, storehouse of creative inspiration, spiritual connection, subconscious mind [AWI]; creative insight, twilight ("sleep") learning, vivid mental imagery. Found in advanced meditators [VUG via DW]

4-12 Skeletal muscle resonances [SS]

4.0 - [Enkephalins](#), Extrasensory perception [MB]; [Astral Projection](#), Telepathy, "Seduction mindset" [DIV]; Catecholamines, vital for memory & learning, respond at around 4 HZ. [PSI]; Subconscious Problem Solving/Full Memory Scanning (if one can manage to stay awake) [RA+CAV via DW]; Associated with object naming, an important aspect of memory [TDM via DW]; "Those who suffer from Chronic Fatigue exhaust very easily. When moved to 4HZ these individuals showed marked improvement in the length of time between the occurrence of exhaustion after certain exercises were completed." [NYT via NEU]

4.11 Associated with kidneys (Effects=strength) [TOS]

4.5 Shamanic State Of Consciousness/Tibetan Buddhist Chants [MMF via DW]

4.5-6.5 Wakeful dreaming, vivid images [SS]

4.6 Associated with spleen & blood (Effects=Emotional Impulse) [TOS]

4.9 - Introspection [SS]; Induce relaxation, meditation, & deeper sleep [ESR]

5.0 - unusual problem solving [x] reduced sleep needed, theta sounds replacing need for extensive dreaming [INT] ; relaxed states, pain-relief ([beta endorphin](#) increases of 10-50% reported) [INT]; Alleged [Sphincter Resonance](#) (mechanical)(not good) [TB]

5.0 - 10.0 Relaxation [NEU]

5.14 Associated with stomach (Effects=Emotional Acceptance) [TOS]

5.35 Associated with lungs (Effects=Oxygen, Heat) [TOS]

5.5-8.0 "Theta2" frequency range : .. Consists of trains (long runs) of rhythmic frontal activity centering at 6.5-Hz with amplitudes reaching the 50-100 uV (micro-volt) range. .. Is induced in some people by the performance of a mental task such as mental arithmetic, tracing a maze, counting the number of cubes piled in a three-dimensional representation, & imaging a scene. .. More common in extroverts with low traits of neurosis & anxiety. Because Theta2 is associated with mental tasks & its influence is seen in evoked potential latencies, Mizuki (1987) believes that the appearance of Theta2 closely relates to mechanisms of attention or arousal. [DW]

5.5 - Moves beyond knowledge to knowing, shows vision of growth needed ; "Inner Guidance" [SS]; Inner Guidance, intuition, heat generation [DIV]

5.8 (reduce) Fear, Absent-mindedness, Dizziness [ESR]

6.0 - long term memory stimulation [MB] ; (reduce) unwillingness to work [ESR]

6.0 - 10.0 Creative Visualization - about 6hz for a while, then up to 10hz [NEU]

6-9.6 Somatic Responses, tingling, pressure, heat [SS]

6.15 Associated with heart (Effects=love,warmth) [TOS]

6.2-6.7 Frontal Midline Theta (Fm Theta) is a specific EEG frequency seen in those subjects actively engaged in cognitive activity, such as solving math problems & playing Tetris [TDM via DW]

6.26-6.6 Hemispheric desync, confusion, anxiety, low Reaction Time, depression insomnia [SS]

6.30 Hz - Mental & astral projection [SS seconded this]; accelerated learning & increased memory retention.[?]; (reduce) Anger + Irritability [ESR]

6.5 - "Center" of Theta2 Brainwave Frequency Range [DW]; "Your frontal lobe, or brain entrainment of the two hemispheres is around 6.5 hz." [RA]

- I quoted the second entry from [RA] directly, due to its ambiguity. It probably ties into what the 5.5-8.0 HZ entry says above.

6.8 Possible use for muscle spasms [ESR]

6.88 Associated with collarbones (Effects=vitality, overall balance, stability) [TOS]

7.0 - 8.0 For healing purposes, like laying of hands by a healer, or self vizualization in a healing situation [RA]; Treatment of Addictions [DW]

7.0 - Mental & [astral projection](#), bending objects, psychic surgery; Increased Reaction Time [SS]; Mass aggregate frequency (can deaggregate matter), alleged to resonate & rupture organs at excessive intensity [TB]; Treatment of sleep disturbances [PGS via DW]

7.5 - Inter-awareness of self & purpose; guided meditation; creative thought for art, invention music, etc.; contact with spirit guides for direction; entry into meditation [MB]; At 7.5 HZ subjects who before suffered from confused thinking reported an ease at finding solutions to troublesome problems after a re-evaluation was conducted. [NYT via NEU]; (?) Earth magnetic field frequency, useful theta (brain) waves frequency [TB]

7.5 - 8 For Treating Alcohol + Drug Addiction - This range of frequencies tells a person they're satisfied, which is "missing" in addictive personalities [RA]

7.69 Associated with shoulders (Effects=strength of the arms, expansion, teaching) [TOS]

7.8 [Schumann Resonance](#) (see 7.83 HZ), ESP activation [DIV]; Doyere's group (1993), found that short high frequency bursts at 7.7 Hz induced LTP in prefrontal cortex, though only for one day. [AA via DW]

7.8-8 Stimulates ESP, paranormal [SS]

7.83 - Earth Resonance, grounding [×], "[Schumann Resonance](#)." [TS, ESR+HSW, MAG]; anti-jetlag, anti-mind control, improved stress tolerance [SS]; psychic healing experiments [ESR]; pituitary stimulation to release growth hormone (helps develop muscle, recover from injuries, rejuvenation effects) [HSW]; Earth Resonance Frequency - 'leaves you feeling revitalized like you've spent a day in the country.' [PWM via DW]; reports of accelerated healing/enhanced learning - "the earth's natural brainwave" [MAG]

- [HSW] notes that overtones of the Schumann Resonance can also stimulate the pituitary in the same way that 7.83 HZ can - especially 31.32 HZ.

8-8.6 Reduced Stress/Anxiety [SS]

8.0-10.0 learning new information [MH]; Alpha - Rapid Refreshment 15 min [NEU]; "[LOW ALPHA](#)" inner-awareness of self, mind/body integration, balance [CRI]

8.0-12.0 - [Alpha range](#) (per NEU, RA, PWM, NSS & CRI) - light relaxation, "super learning", positive thinking. [NEU]; Conducive to creative problem solving, accelerated learning, mood elevation, stress reduction, etc., characterized by intuitive insights, creative "juice", inspiration, motivation, daydreams etc. Relaxed, yet alert [PWM via DW]; Associated with calm, relaxed, unfocused (not concentrating), lucid mental states, dream sleep & pleasant drifting feelings or emotions. [NSS via DW] ; promotes mental resourcefulness, aids in mental coordination, enhances relaxation, "Can move quickly + efficiently to accomplish whatever task is at hand.", feelings of "at ease" + calm, promotes good moods, a bridge between conscious + subconscious, alpha waves indicate a person is alert but not actively processing information, seen more in extroverts than introverts, seen during creative problem solving [CRI]

- As you can see, different sources contradict each other. Some paint Alpha as a range of relaxed attentiveness, ideal for learning. Others associate it with "daydreaming"

[which doesn't sound like it would be good for learning]. Unless they're not talking the "attentive" sort of learning [i.e. sitting in a classroom taking notes], but rather the "trying to assemble it all together in our heads" sort of learning, where our subconscious is doing most of the work in the background, and our conscious mind takes a backseat. I see the Alpha range as the fine line between daydreaming and alertness. It's like a baseball player on a base - he'll move away from the base, so that he can steal if the opportunity presents itself. But he always stays close enough to the base so he can get back in case the pitcher throws the ball to the baseman. Alpha Range is the same way - it's close enough to the "attentive" mental state for us to go to it as needed. But we can also quickly retreat into the realm of sleep if need be. [MPT]

8-13 - [Alpha range](#) - Non-drowsy but relaxed, tranquil state of consciousness, primarily with pleasant inward awareness; body/mind integration. ; Amplifies dowsing, empty-mind states, detachment, daydreams, mind/body integration. (can cause) epileptic seizures [SS];

- Note : [NEU], [RA], [PWM], [NSS] + [CRI] consider the alpha range to be 8.0-12.0. [AWI] considers it 9.0-14.0. [VUG] has it as 9.0-13.0.

8-14 - Qi Gong and [infratonic Qi Gong machine](#) [QG]

8.0 - Past life regression [×]; More [Lymphocytes](#), DNA repair (RAD-6) [SS]; Associated with Base/Muladhara chakra (Color=Red) (Body Parts=Adrenals, Spinal Column, Kidneys) (Effects=Physical energy, will to live)(Note=C) [OML]

8.22 Associated with mouth (Effects=speech, creativity) [TOS]

8.3 - Pick up visual images of mental objects [??]; [clairvoyance](#) [SS]; "Monroe Focus 12?" [NEU]

8.6-9.8 Induces sleep, tingling sensations [SS]

9.0, 11.0, 16.0 [bad] documented calcium ion migration (brain tissue) [SS]

9.0 - 13.0 - [Alpha Range](#) (according to [VUG]) - relaxed, not thinking about anything in particular, sometimes a pleasurable feeling of "floating". Often dominant in certain kinds of meditation, alpha waves have for the past twenty years been associated with calm, lucid mental states (the "alpha state"). They're also often detected during dream sleep. This pattern typically occurs in daydreaming, relaxed awareness, guided or focused imagery & smoothly rhythmic athletic activity. There's often a euphoric, effortless feeling of "flow" as the doer is absorbed in activity and subject + object are felt to be united. [VUG via DW]

9.0 - 14.0 [Alpha range](#) (according to [AWI]) - Relaxed & detached awareness, visualization, sensory imagery, light reverie. Also, gateway to meditation - provides bridge between the conscious & subconscious mind. [AWI]

9.0 - Awareness of causes of body imbalance & means for balance[×] Blind person phantom touch reading (somatosensory cortex) [RA]; Associated with Sacral/Svadhithana chakra (Color=Orange) (Body Parts=Gonads, Reproductive System) (Effects=Relationships/Sexuality) (Note=D) [OML]

9.19 Associated with upper lip (Effects=emotions, conflict resolution) [TOS]

9.4 Major frequency used for prostate problems. [ESR] - Self-explanatory. =)

9.41 - Pyramid frequency (outside) (I can't find a good definition of "Pyramid Frequency". Anybody?)

9.5-10 - Center of **Alpha Range** - The brain's scanning/idling frequency - indicating a brain standing by, waiting to "give way to beta should attention be required, or be the bridge, the gate, to Theta & Delta for drowsiness, sleep, and certain cognitive challenges. [DW]

- He gives credit for the 'brain scanning' factoid to Eccles & Walter (1950). (It was their conclusion.)

9.6 - Mean dominant frequency associated with earth's magnetic field [EQ]; Facial Toning [ESR] (I'm not completely sure what "facial toning" is.. Anybody?)

9.8-10.6 Alertness [SS]

10 - enhanced release of **serotonin** & mood elevator, universally beneficial, use to try effects of other mixes [MB]. Acts as an analgesic, safest frequency, especially for hangover & jet lag. [EQ] Meg Patterson used for nicotine withdrawal. [MB3] dominant **alpha frequency**, clarity, normalcy, anti-convulsant, circadian rhythm resync, activate kidneys, raise body temp, more **serotonin** [SS]; Good when trying to correlate information by the subconscious - Sort of a waiting frequency while the subconscious does the work at lower frequencies. [RA]; Motor impulse coordination (Motor Control cortex) [RA]; Learning a foreign language [RA+PWM via DW]; Centering, Sleep Spindles, Arousal [DIV]; Associated with Solar Plexus/Manipura chakra (Color=Yellow) (Body Parts=Pancreas, Stomach, Liver, Gall Bladder, Nervous System) (Effects=Spiritual wisdom, self-healing)(Note=E) [OML]; Increased alertness (caused by an increase in **norepinephrine** + **serotonin** & a decrease in melatonin), sense of well being & decreased pain (caused by increase in beta-endorphins) [RED]; **Adrenal** Stimulant [RS]; Significant improvements in memory, reading & spelling are reported (in conjunction with 18 HZ) [RUS via DW]; Treatment for Attention Deficit Disorder/Hyperactivity [LUB via DW]; Treatment for closed head injury [HOF via DW]; 'Berger Rhythm' [BER via DW]; (used on) headaches [RS]

10-12: **HIGH ALPHA RANGE** - centering, healing, mind/body connection [CRI]

10-14 Dream/sleep spindles [SS]

10.2 Catecholamines

10.3 Associated With Nasal Passages (Effects=breathing, taste) [TOS]

10.5 - Frequency for healing of body, mind/body unity, firewalking [x]; potent stabilizer & stimulating for the immunity, valuable in convalescence. [MB] Relaxed alertness, contemplation, body healing, mind over matter [SS] Lowering Blood Pressure [RA+PWM via DW]; Associated with Heart/Anahata chakra (Color=Green) (Body Parts=Thymus, Heart, Blood, Circulatory System) (Effects=Love of Life, love of self&others) (Note=F) [OML]

10.6 - Relaxed & alert

10.7 Associated with ears (Effects=hearing, formal concepts) [TOS]

11.0 (& Below) - Stress Reduction (DW)

11-14 Focused alertness [SS]

11.0 (used to) achieve "relaxed yet alert" states. [PWM]

11.5-14.5 An implication for neurotherapy is that if increased intelligence + mental efficiency is the objective, then a frequency band with a 13-Hz center should be used. A more desirable frequency band than 12 to 15-Hz is 11.5 to 14.5-Hz. [DW]

12.0 - Centering, doorway to all other frequencies [×] ; frequency of earth resonance (Hercules - a researcher); Centering, mental stability, transitional point, time seems faster [SS]; To stimulate mental clarity [ESR]; Associated with Throat/Vishuddha chakra (Color=Blue) (Body Parts=Thyroid, Lungs, Vocal Cords) (Effects=Expression/self in society)(Note=G) [OML]

12.0-36.0 **Beta Range** [per CRI] - dominant brainwave in alert/awake/anxious adults with their eyes open. Comes into play when "listening & thinking during analytical problem solving, judgment, decision making, processing information about the world around us." [CRI]

12.0-14.0 Learning Frequency - Good for absorbing information passively, when you plan to think about it later. [RA]

- [RA] distinguishes between active studying where you're processing information & passive studying where you're just trying to absorb information + plan to think about it later. For the former, he suggests 36 to 44 HZ.

12.0-15.0 **Beta (low)** - relaxed focus, improved attentive abilities [NEU+CRI]; Treating Hyperactivity [RA] ; Sensorimotor Rhythm (SMR) - Used in the treatment of mild autism [AUT via DW]

12.3 Associated with eyes (Effects=Visualization) [TOS]

13-27 - **Beta Range** (according to [NSS]) - Associated with focused attention towards external stimuli, alert mental activity, normal waking consciousness, & active thought processes. [NSS via DW]

13-30 - **Beta Range** - Normal wakefulness, the taking in & evaluating of various forms of data received through the senses. It's present with worry, anger, fear, hunger & surprise. [×] Waking state, motivation, outer awareness, survival, problem solving, arousal, dendrite growth, combats drowsiness [SS]; Conscious Thinking, Autonomic Processes & Emotions [EH]

- [NSS] considers Beta to be 13-27 HZ, [AWI] considers it 14-38 HZ, [PWM] & [RA] consider it 13-40 HZ, and [VUG] (seems to) consider it 14-30 HZ. [CRI] lists it as either 12-36 or 14-36 - it contradicts itself in different parts of the article.
- [NEU] breaks up Beta into ranges - Low Beta=12-15 HZ, Mid Beta=15-18 HZ, & High Beta=18.0+ HZ. [CRI] does as well.

13-40 [Beta Range](#) (according to [RA] + [PWM]) - a high frequency pattern, conducive to stimulating energy + action; most of our current institutionalized education is beta geared, characterized by logical, analytical, intellectual thinking, verbal communication, etc. [PWM via DW]

13.0 - Alleged [sphincter resonance](#) (mechanical)(not good) [TB]; Associated with Brow/Ajna chakra (Color=Indigo/Violet) (Body Parts=Pituitary, Lower Brain, Left Eye, Ears, Nose, Nervous System)(Effects=Visualization, Conceptualization)(Note=A) [OML]

13.8 - Associated with [Frontal Lobes](#) (Effects=the seventh sense, final decision) [TOS]

14-16 - associated with sleep spindles on EEG during second stage of sleep [EQ] [note SS said 10-14]

14-15 - Slows conditioned reflexes [SS]

14.0-30.0 - [Beta Range](#) (?I think? according to VUG) - This pattern is optimal for intense mental activities such as calculations, linear logical analyses & other highly structured functions [VUG via DW]

14.0 - Awake & alert [??]; Alert focusing, vitality, concentration on tasks [SS?]; [Schumann Resonance](#) (2nd of 7 frequencies. 7.83 HZ being the first) [TS+HSW]; pituitary stimulation to release growth hormone (helps develop muscle, recover from injuries, rejuvenation effects) [HSW]; Intelligence Enhancement in conjunction with 22.0 HZ (medium=audio-visual stimulation) [APE]

- [APE] used audio-visual stimulation alternating between 14 & 22 HZ. Check the link under [APE]'s bibliography entry for more information.

14.1 "Earth Resonance" [SS]; Earth Harmonics - accelerated healing [DIV] (probably tied to Schumann Resonance above.)

15.0-18.0 [Beta \(mid\)](#) - increased mental ability, focus, alertness, IQ [NEU+CRI]; "alert but not agitated"/"aware of self & surroundings" [CRI];

15-24 Euphoria [SS]

- I will vouch for this one - I find [binaurally](#) produced tones between 18 HZ & 21 HZ have very pleasant results, in a jogger's high sort of way. This effect seems the strongest around 20 HZ. While other sources equate this frequency range with stress, I'm thinking it might be like the roar of a car engine - in small doses, it can be quite a rush, but too much of it can lead to a headache. The [serotonin](#) system is funny like that. [MPT]

15 - chronic pain [MB]; Sound which bypasses the ears for sublimation (auditory cortex) [RA]; Associated with Crown/Sahasrara chakra (Color=Violet/White) (Body Parts=Pineal, Upper Brain, Right Eye)(Effects=Integration of personality & spirituality.)(Note=B) [OML]

15.4 - Associated with Cortex (Effects=intelligence) [TOS]

16.0 - bottom limit of normal hearing [MP2]; Release oxygen & calcium into cells [CC]

16.4 Associated with top of head (Effects=spirit, liberation, transcendence) [TOS]

18.0-22.0 - [Beta](#): outward awareness, sensory data [??] ; Throws brain's sodium/potassium levels out of balance, resulting in mental fatigue. [INT]; Theoretically can be used to achieve a "relaxed body/focus mind" state of consciousness [DW]

- [INT] + [DW] seem to contradict each other here.

18.0+ [Beta \(high\)](#) - fully awake, normal state of alertness, stress & anxiety [NEU]; Significant improvements in memory, reading & spelling are reported (in conjunction with 10 HZ) [RUS via DW]; (used to) improve hyperactive behavior [PWM via DW]; Associated with mental activity like math + planning - alert, but may also be agitated [CRI]

20-30 [Phosphenes imagery](#), peak luminosity in visual field [SS]

20-40 Meditation For Stress Relief/Just At The Edge Of Audible Sound/As A Musical Background [RA]

20.0 - fatigue, energize. Causes distress during labor.[EQ]; Human Hearing Threshold [SS]; [Schumann Resonance](#) (3rd frequency of 7) [TS+HSW]; Imposing subconscious commands on another (thought center) [RA]; Stimulation of [pineal](#) gland [ESR][JB] ; Helps with tinnitus (a condition that causes ear-ringing) [JB]; Pituitary stimulation to release growth hormone (helps develop muscle, recover from injuries, rejuvenation effects) [HSW]; [Adrenal](#) Stimulant, (used on) sinus disorders/sinus infection/head cold/headache [RS]; Commonly used "cure-all" [Rife Frequency](#) [CR]

20.215 LSD-25 [PSI] (he implies it could mimic the effects of)

20.3 "Earth Resonance" [SS]

- Probably the same thing as the Schumann Resonance at 20 HZ.

22.0 Used in conjunction with 14 HZ for intelligence enhancement (medium=audio-visual stimulation)[APE]; Used in conjunction with 40 HZ for 'out of body' travel [EWI via DW]; Also used with 40 HZ for psychic healing. [FAH via DW]

- [APE] used audio-visual stimulation alternating between 14 and 22 HZ. Check the link under [APE]'s bibliography entry for more information.

22.027 [Serotonin](#) [PSI] (he's unclear what he means by this)

25.0 Bypassing the eyes for images imprinting (visual cortex) [RA]; Tested clinically with patients who complain of anxiety [PGS via DW]

26.0 [Schumann Resonance](#) (4th frequency of 7) [TS+HSW]; Pituitary stimulation to release growth hormone (helps develop muscle, recover from injuries, rejuvenation effects) [HSW]

26.4 "Earth Resonance" [SS]

27 - 44 Frequency range that cats purr at - said to have restorative effects on the body, particularly the 'healing and strengthening of bones' [BON]

27.5 lowest note on a piano [MP2]

30 Meg Patterson used for marijuana. [MB3]

30 - 60 [Gamma Range](#) - little known but includes decision making in a fear situation, muscle tension, [EH]

- [INT] considers Gamma to start at 40 HZ.

30 - 190 Lumbago [AT]

30-500 [High Beta](#): Not associated currently with any state of mind. Some effects have been observed, but currently not enough research has been done in this area, to prove, or disprove, anything.; a few people able to replicate at will (?? - not sure what that last point means)

- Starting at 30 HZ, sources begin to seriously disagree over what the names of each range are.
- [EH] considers 30 to be the beginning of the Gamma range, which it believes run to 60. It then considers 60 to 120 to be the Lambda range.
- Incidentally, [INT] believes that 40 is where Beta ends & Gamma begins.

31.32 [Schumann Resonance](#) (5th frequency of 7) - pituitary stimulation to release growth hormone (helps develop muscle, recover from injuries, rejuvenation effects) [HSW]

- [HSW] is a bit off from the other sources on the exact value of this overtone of the Schumann Resonance.

32 Desensitizer; enhanced vigour & alertness [MB]

33 [Christ consciousness](#), hypersensitivity, Pyramid frequency (inside) ; [Schumann Resonance](#) (5th frequency of 7) [TS]

- Funky coincidence it lines up with the Christ Consciousness & Pyramid frequency, eh? I've had some interesting results with this one -- particularly when I overlap waves at 9.0 HZ (pyramid outside frequency). The mind tends to wander in funny ways.

35 - 150 Fractures [AT]

35 - 193 Arthralgy [AT]

35 Awakening of mid-chakras, balance of chakras

36 - 44 Learning Frequencies, When [Actively] Studying Or Thinking. Helps To Maintain Alertness. Waking Operating State [RA]; Frequencies of the olfactory bulb, prepiriform cortex & [amygdala](#) [DSH via DW]; Coordinates simultaneous processing of information in different areas of the brain. Associated with high-level information processing. 'A good

memory is associated with well-regulated & efficient 40 HZ activity, whereas a 40 HZ deficiency creates learning disabilities.' [CRI]

38 [Endorphin](#) release [WL]

39.0 [Schumann Resonance](#) [6th frequency of 7] [TS]

40-60 anxiolytic effects & stimulates release of beta-endorphins [MB]

43 - 193 Carcinomatosis [AT]

40.0 - dominant when problem solving in fearful situations. [EQ] ; [Gamma](#) - associated with information-rich task processing & high-level information processing [NEU]; "For scientists who study the human brain, even its simplest act of perception is an event of astonishing intricacy. 40 Hz brain activity may be a kind of binding mechanism", said Dr. Rodolfo Llinas a professor of neuroscience at New York University. Llinas believes that the 40-cycle-per-second wave serves to connect structures in the cortex where advanced information processing occurs, and the [thalamus](#), a lower brain region where complex relay & integrative functions are carried out." [NME via NEU]; Used in conjunction with 22 HZ for 'out of body' travel [EWI via DW]; Also used with 22 HZ for psychic healing. [FAH via DW]; "40--Hz activity varies from 38.8 to 40.1-Hz, regardless of the electrode site. The average frequency is in the ~39.5-Hz range. In summary, when the body is profoundly relaxed & the mind is in a state of high focus and concentration, 20 & 40-Hz brain activity can be seen in the raw and quantitative EEG of some subjects. It is possible that 18 to 22-Hz Beta & possibly 40-Hz neurofeedback training may help create a "relaxed body/focused mind" state of consciousness." [DW]; Activity in the ectosylvian & lateral cortex, medial geniculate, reticular formation, center median [thalamus](#) & [hippocampus](#) [ROW via DW]; Confirming Sheer et al.'s work, compared the EEG of middle- & high-I.Q. subjects during mental multiplication activity. A 40-Hz rhythm occurred just prior to the subject's answering the question. Forty--Hz pulses are thought to lead to synchronization + coordination of neurons assigned to the processing of incoming sensory stimulation. Put in "computerese," 40-Hz may be the brain's "operating system" frequency [GIA via DW] Involved In The Processing Of Psi Information (see note) [EMC]

- Considered the dividing point between beta waves + gamma waves, although there's some disagreement about this. [INT] <http://brain.web-us.com/40hz/default.htm>
- Gamblers were presented a computer screen with four playing cards shown on them, and then asked to guess which of the four cards would appear on the screen by itself next. Their guessing was about as accurate as random chance, BUT when they had their eyes on the correct card that would inevitably turn up, the amount of 40Hz activity registering in their brain was higher. Go here for more information: <http://groups.yahoo.com/group/bwgen/message/3668>

45.0 [Schumann Resonance](#) (7th frequency of 7)[TS]

46.98 - Useful for "weird effects" (use with 62.64 HZ and 70.47 HZ) [TB]

- [TB] gets the award for most ambiguous description. Although, I'm including it since it's a very specific frequency. I'll research it further and try to dig up some additional information.

50-60 Documented negative effects too numerous to mention There is no correlation given with signal strength or modality used, i.e. audio-visual, EMF, magnetic, electrostatic, gravitic. Also, most ELF research is now Govt classified, particularly since the mid-1960's when Hamer discovered behavioral effects as the result of applied sinusoidal field gradients as low as 4 volts. [SS via DW]

50.0 - dominant frequency of polyphasic muscle activity, mains electrical in U.K. [EQ]; Slower cerebral rhythms [??]

55.0 - Tantric yoga; stimulates the [kundalini](#). [×]

60 - 120 [Lambda Range](#) - Little known but includes central nervous system activity [EH]

60 electric power lines

62.64 - Useful for "weird effects". (use with 46.98 HZ and 70.47 HZ) [TB]

63 Astral projection [×]

65.8 Associated with coccyx (small triangular bone at end of the spinal column) (higher [octave](#) of 2.06 HZ) [TOS]

70-9,000 Voice spectrum [MP1]

70 Mental & astral projection ; Endorphin production/used with electroanalgesia. [VPL]

70.47 Useful for "weird effects". (use with 46.98 HZ and 62.64 HZ) [TB]

72 Emotional spectrum [??]; Used on sinusitis/sinus infection/head cold [RS]

73.6 Associated with genitals (higher [octave](#) of 2.30 HZ) [TOS]

80 Awareness & control of right direction. Appears to be involved in stimulating 5-hydroxytryptamine production, with 160Hz. Combine with 2.5 Hz. [EQ]

82.3 Associated with bladder (higher [octave](#) of 2.57 HZ) [TOS]

83 Third eye opening for some people

85.5 Associated with intestines (higher [octave](#) of 2.67 HZ) [TOS]

90.0 - 111.0 Pleasure-producing beta-endorphins rise between these frequencies. [PSI]

- In the MIDI scale, the notes that would fall in this range begin with F#3 and go up to A3. ["A3" being the fourth octave up -- since there's an A0, and A1, A2 lower than it.] Playing the F#3 and the A3 as a chord seems to function as a good painkiller. An additional undertone in the alpha range of frequencies sometimes helps too. [Try adding a tone around 12.5 HZ].

90.0 Good feelings, security, well-being, balancing [??]

95.0-125.0 Acoustical Resonances of Assorted Ancient Structures [ACS via DW]

95.0 Use for pain along with 3040 HZ [ESR]

98.4 Associated with hara (3cm or 1.5 inch below navel, balance of pelvis) (higher octave of 3.07 HZ) [TOS]

100 Can help with pain [used with electrical stimulation] [CMP]

- The site specifically mentions it can be good for pain initially, but then recommends using 0.5 or 1.5 to treat pain.

105 Overall view of complete situation

108 Total knowing

110.0 Frequency associated with stomach. [Note=A] [BH1][BH4]; Associated with ovaries (Effects=vitality, life at very level) (higher octave of 3.84 HZ) [TOS]

111 Beta endorphins [MB2]. cell regeneration [??]

117.3 Frequency associated with Pancreas [Note=C#] [BH1][BH4]

120 - 500 P.S.I., moving of objects, changing matter, transmutation, psychokinesis

120 Helps with fatigue (Medium=pad)[JB]; (used on) sinus disorders/sinus infection/head cold [RS]

125 Graham potentializer; Stimulation [MH]; (used on) sinusitis [RS]

126.22 - Sun, 32nd octave of Earth year [HC]; The Frequency Of The Sun (Note=C) (Color=Green) (Tempo=118.3 BPM) (Chakra=Manipura, also called Hara {associated with Navel & 3rd lumbar vertebrae}) (Effects=advances the feeling of centering of magic & of the transcendental) [HC/Planetware website]

- There seems to be a little disagreement between [HC] & [HC/Planetware] over what exactly this is the frequency of - [HC] ties this into the period it takes the earth to revolve around the sun, while [HC/Planetware] says this is the frequency it would take an imaginary planet to orbit the outside edge of the sun. My money is on the second, since there is another frequency that is given for the Earth year. (136.1 HZ)

- This is tricky to paraphrase, so here it is as it appeared on the Planetware website :

"Meditation carried out to this tone will lead to state beyond good and bad, shame and guilt, beyond space and time, knowledge and wisdom, action and rest an being and not-being. It leads to a state where being has no name, to a state where the all-one and the all encompassing are no longer separate entities but are reunited at their one common origin, the origin that is also you."

132.0 Associated with kidneys (Effects=strength) (higher octave of 4.11 HZ) [TOS]; Associated with coccyx (small triangular bone at end of the spinal column) (higher octave of 2.06 HZ) [TOS]

136.1 Sun: light, warmth, joy, animus [RV]; Resonates with the earth year (Note=C#) (Color=Turquoise Green) (Effects=calming, meditative, relaxing, centering) [PSI]; Period it takes earth to revolve around sun (Tempo=63.8*127.6) (Chakra=Anahate/Heart chakra)(Effects=relaxing, soothing, balancing, harmony with the cosmos, associated with the soul {"frequency of the soul"}) (Medicinal=Sedative) (Other=significant tone in Indian music {"called it the "sadjā" or "father to others" - it was a keynote} - corresponds to "OM" & the Christian "AMEN") [HC/Planetware website]

- Note : [PSI] seems to disagree a bit with the original source on the list. [PSI] says this one calms/centers, while the original source seems to associate it with happiness. Also some disagreement between [RV] and [HC/Planetware], once associating this with the sun, and the other associating this with the frequency with the earth year. I suppose you could associate the earth year with the sun, since it's the time it takes the earth to go around the sun, but 126.22 HZ uses "frequency of the sun" in a little different context. See the comments with that frequency for more.

140.25 Pluto: power, crisis & changes [??]; Frequency associated with the orbit of Pluto; (Note=C#) (Color=blue-green) (Tempo=65.7 * 131.4 BPM) (Effects = support the magic group dynamic principle and is said to be responsible for integration into certain structures of society) [HC/Planetware website]

141.27 Mercury: intellectuality, mobility [??]; Frequency associated with orbit of Mercury (Note=C# or D) (Color=blue-green or blue) (Tempo=66.2) (Chakra=Vishudda/Throat chakra) (Effects=Supports speech center and communicative-intellectual principle, associated with communication and cleverness) [HC/Planetware]

- [HC/Planetware] says the frequencies of planets revolving around the sun are less important than those of the moon, sun, and Earth.
- Again, I'm not sure how [HC/planetware] is associating these frequencies with these chakras. {shrugs}
- A discrepancy in the note and color - they're both given twice - once as C# and blue-green, the second time as D and blue.
- [HC/Planetware] and [BH] seem to associate different frequencies with the revolutions of each planet - these frequencies are determined by HC/Planetware by taking higher octaves of the actual period - octaves that are in the audible range. [BH] might use even higher octaves than [HC/Planetware] does, or some other method completely.

144.0 (helps with) headaches (Medium=pad)[JB]

144.72 Mars: activity, energy, freedom, humor [??] ; Frequency associated with the orbit of Mars (Note=D) (Color=blue) (Tempo=67.8 * 135.6 BPM) (Effect : Supports strength of will and focused energy, ability for achievement) [HC/Planetware]

146.0 (used on) sinus infection/head cold [RS]

147.0 Associated with the spleen/blood (Effects=Emotional Impulse) (higher octave of 4.6 HZ) [TOS]; Associated with genitals (higher octave of 2.30 HZ) [TOS]

147.85 Saturn: separation, sorrow, death [??]; Frequency associated with orbit of Saturn (Note=D) (Color=Blue) (Tempo=69.3 * 138.6 BPM) (Effects=enhances concentration and the process of becoming conscious + shows very clearly karmic connections, brings structure and order - is considered to be a cosmic controller) [HC/Planetware]

- I'm not completely sure what the dual tempo means. I'll have to research that further.

160.0 Appears to be involved in stimulating 5-hydroxytryptamine production, with 80 Hz. [EQ]; Use for rapid relief from headaches [ESR]; used on sinus infection/head cold [RS]

164.3 Frequency associated with Gall Bladder [Note=E] [BH1][BH4]

165.0 Associated with stomach (Effects=Emotional Acceptance) (higher octave of 5.14 HZ) [TOS]; Associated with bladder (higher octave of 2.57 HZ) [TOS]

171.0 Associated with lungs (Effects=Oxygen, Heat) (higher octave of 5.35 HZ) [TOS]; Associated with intestines (higher octave of 2.67 HZ) [TOS]

172.06 - Resonates with the Platonic year {about 26,000 years} (Note=F) (Color=purple-violet) (Effects=joyful, cheerful, spiritual effect) [PSI]; The Frequency Of The Platonic Year (Color=red-violet {purple}) (Tempo=80.6 BPM) (Chakra=Sahasrar/Crown chakra) (Effects=cheerfulness, clarity of spirit, cosmic unity on highest levels) (Medicinal=antidepressive) (Other=F is considered the tone of the spirit, and had a lot of significance to the Chinese)

- Other sources [PM] disagree about the tone F being associated with the Crown chakra, which is how HC/Planetware connects this frequency to the crown chakra. [PM] considers the crown chakra to be associated with the B note, and not F.

176.0 - Frequency associated with the colon. [Note=F or F#] [BH1][BH4]

183.58 - Jupiter: growth, success, justice, spirituality [??] ; Frequency associated with the orbit of Jupiter (Note=F#) (Color=Red) (Tempo=86.05 * 172.1 BPM) (Effects : supports creative power and continuous construction) (Associated with Jupiter : Generosity, Continuity, Magnanimity, Joviality) [HC/planetware website]

185.0 - (used on) sinus infection/head cold [RS]

187.61 frequency of "moon culmination" ; [HC/planetware website]

194.18 frequency of Synodic "Earth" Day {the "day tone"} (Note=G) (Color=Orange Red) (Tempo=91.0 BPM) (Chakra=Muladhar/Base chakra) (Effects = dynamic, vitalizing)(Medicinal="tonifies") (Other="weather determining" spheric frequency, influences proteins, brings one into harmony with nature") [HC/planetware website]

- Note : By "weather determining", [HC/planetware] seems to imply that somebody tuned into this frequency may be able to predict the weather in the short-term

future. I'm just a little, little bit skeptical of this one, but if anybody has any luck with it, let me know.

- I'm not sure how [HC/planetware] is associating these chakras to these frequencies. It doesn't seem to be based on the note, since G isn't the note typically associated with the base chakra [per PM]. The associations might tie in with something astrological instead. {shrugs}.

194.71 - Earth: stability, grounding [??]; Key Of G resonates with frequency of earth day, the color orange-red, & has a dynamic, stimulating, and energizing effect on the body-mind. [PSI]

- There seems to be some disagreement between [PSI] and the original source for this list. [PSI] associates this frequency with energizing, while the original source associates it with stability/grounding.
- I think this one, and the one right below it [197.71 HZ] might be based on the same thing. One source might have done a typo, and then other sources based their information from that.

197.0 Associated with heart (Effects=love,warmth) (higher octave of 6.15) [TOS]; Associated with hara (3cm or 1.5 inch below navel, balance of pelvis) (higher octave of 3.07 HZ) [TOS]

197.71 frequency of Sideric Day ; [HC/planetware website]

207.36 - Uranus: spontaneity, independence, originality [??]; Frequency associated with orbit of Uranus {insert one of dozens of bad jokes here} (Note=G#) (Color=Orange) (Tempo = 97.2 BPM) (Effects = supports the power of surprise and renewal, has primeval and erotic power) [HC/planetware website]

210.42 frequency of Synodic Moon (Note=G#) (Color=orange) (Tempo=98.6 BPM) (Chakra=Svadisthan {2nd Chakra}) (Effects=stimulates sexual energy, supports erotic communication) (Medicinal=regulation of menstruation, disturbances in the gland and lymph system) [HC/planetware website]

211.44 - Neptune: the unconscious, secrets, imagination, spiritual love [??]; frequency associated with orbit of Neptune (Note=G#) (Color=orange) (Tempo=99.1 BPM) (Effects = supports intuition, the unconsciousness, and enhances the dream experience) [HC/planetware website]

220.0 Frequency associated with lungs. [Note = A] [BH1][BH4] Associated with collarbones (Effects=vitality, overall balance, stability) (higher octave of 6.88 HZ) [TOS]; Associated with ovaries (Effects=vitality, life at very level) (higher octave of 3.84 HZ) [TOS]

221.23 - Venus: beauty, love, sexuality, sensuality, harmony [??]; Frequency associated with the orbit of Venus (Note=A) (Color=yellow-orange) (Tempo=103.7 BPM) (Chakra=Ajna/Third Eye) (Effects=supports higher love energy and aspiration for harmony) [HC/planetware website]

227.43 frequency of Sideric Moon ; [HC/planetware website]

229.22 frequency of Metonic Cycle [related to moon] ; [HC/planetware website]

234.16 frequency of Moon knot ; [HC/planetware website]

241.56 frequency of Saros periode ; [related to moon] ; [HC/planetware website]

246.04 frequency of Apsidis rotation ; [related to moon] ; [HC/planetware website]

250.0 Elevate and revitalize

254.57 Frequency associated with orbit of Icarus (asteroid) [MPT]

256.0 Root Chakra (1:1) (Note=C) [BH3]

263.0 Associated with mouth (Effects=speech, creativity) (higher octave of 8.22 HZ) [TOS];
Associated with kidneys (Effects=strength) (higher octave of 4.11 HZ) [TOS]

264.0 Related to Personality somehow. (Note=C+) [BH4]

272
33rd octave of Earth year [HC]

272.0 Frequency associated with Selenium (mineral nutrient) (Note=C#) [BH]

272.2 Frequency associated with orbit of Earth (Note=C#) [BH2]

273.0 Transpersonal Chakra (1:15) [Note=C#] (Earth Orbit 272) [BH3]

280.5 Frequency associated with orbit of Pluto [Note=C#] [BH2]

281.0 - Frequency associated with Intestines [Note=C#] [BH1]

281.6 - Frequency associated with Small Intestine [Note=C#] [BH4]

282.4 - Frequency associated with orbit of Mercury. [Note=D] [BH2]

288.0 - Polarity Chakra (9:1) [Note=D] (Mars Orbit 289) [BH3]

289.4 - Frequency associated with orbit of Mars. [Note=D] [BH2]

293.0 - "unknown" Chakra (1:14) (Note=D+) (Saturn Orbit 296) [BH3]

- I take it by D+, she means a note somewhere between D and D#. A quarter note, perhaps. [MPT]

294.0 - Associated with the upper lip (Effects=emotions, conflict resolution) (higher octave of 9.19 HZ) [TOS]; Associated with the spleen/blood (Effects=Emotional Impulse) (higher octave of 4.6 HZ) [TOS]

295.7 - Frequency associated with orbit of Saturn (Note=D#) [BH2]

295.8 - Frequency associated with Fat Cells (Note=C#) [BH1][BH4]

296.07 - Frequency associated with orbit of Toutatis (asteroid) [MPT]

304.0 - Useful on headaches (medium=pad); sedation and pain relief (medium=tube) [JB+KFL] ; (useful for) blood pressure, (and with) stiff muscles (KFL); Frequency associated with Potassium (mineral nutrient) (Note=D#) [BH]

310.7 - Frequency associated with spin of Neptune (Note=Eb) [BH2]

315.0 - Diaphragm Chakra (10:1) (Note=Eb) [BH3]

315.8 - Frequency associated with Brain (Note=Eb) [BH1]

317.83 - Frequency associated with Liver (Note=Eb) [BH1][BH4]

319.88 - Frequency associated with Kidney (Note=Eb) [BH1][BH4]

320.0 - Solar Plexus Chakra (10:1) (Note=Eb) [BH3]; Frequency associated with Calcium (mineral nutrient) (Note=E or Eb) [BH]

321.9 - Frequency associated with blood. (Note=E or Eb) [BH1][BH4]

324.0 - Frequency associated with muscles. (Note=E) [BH1][BH4]

329.0 Associated With Nasal Passages (Effects=breathing, taste) (higher octave of 10.3 HZ) [TOS]; Associated with stomach (Effects=Emotional Acceptance) (higher octave of 5.14 HZ) [TOS]

330.0 Used to treat allergies in conjunction with 3 HZ [RS]

333.0 (used on) sinus infection/head cold [RS]

332.8 - Frequency associated with orbit of Sun (Note=E) [BH2]

- When [BH2] says the "orbit of the sun", I believe she means how long it would take an imaginary planet to orbit around the sun's outer boundary [circumference]. This is how [HC/planetware] made this calculation - the period is then lowered a few octaves to get it into the audible sound range. That's how [HC/planetware] does most of its calculations, and probably how [BH] does it as well. [HC/planetware], when lowering [or in the case of planets raising] the octave, seems to gun for lower tones than [BH] does. The [HC/planetware] tones would be a little "bassier". Which is probably why the frequencies of all these astronomical phenomena that [HC/planetware] gives doesn't line up with the frequencies that [BH] gives.

336.0 - Frequency associated with Molybdenum (mineral nutrient) [BH]

341.0 - Heart Chakra (1:12) (Note=F) [BH3]

342.0 - Associated with ears (Effects=hearing, formal concepts) (higher octave of 13.8 HZ) [TOS]; Associated with lungs (Effects=Oxygen, Heat) (higher octave of 5.35 HZ) [TOS]

352.0 - Frequency associated with bladder. (Note=F) [BH1][BH4]; Thymus Chakra (11:1) (Note=F#) [BH3]

- There seems to be a discrepancy here as to which note this frequency is. [BH] cites both F and F#. [MPT]

367.0 - (used on) sinus infection/head cold [RS]

367.2 - Frequency associated with orbit of Jupiter (Note=F#) [BH2]

368.09 - Frequency associated with orbit of Apollo (asteroid) [MPT]

372.0 - "unknown" Chakra (1:11) (Note=G#) (Earth Spin 378) [BH3]

375.70 - Frequency associated with the orbit of Eros (asteroid) [MPT]

378.5 - Frequency associated with spin of Earth. (Note=F#) [BH2]

380.96 - Frequency associated with orbit of Ida (asteroid) [MPT]

384.0 - "Gurdjieff vibration associated with root chakra. Sixth harmonic of six, center of the brainwave spectrum." [RP]; Throat Chakra (12:1) (Note=G) [BH3]; Frequency associated with Chromium (mineral nutrient) (Note=G?) [BH]

389.4 - Frequency associated with spin of Mars. (Note=G) [BH2]

393.0 - Associated with eyes (Effects=Visualization) (higher octave of 12.3) [TOS]; Associated with heart (Effects=love,warmth) (higher octave of 6.15) [TOS]

393.34 - Frequency associated with orbit of Pallas (asteroid) [MPT]

394.76 - Frequency associated with orbit of Ceres (asteroid) [MPT]

396 - G (musical note) [PL]

400 Seems to decongest [KFL]; Frequency associated with Manganese (mineral nutrient) (Note=G or G#) [BH]

405 - Violet [PL]

408.7 - Frequency associated with orbit of Juno (asteroid) [MPT]

409.1 - Frequency associated with spin of Venus (Note=G#) [BH2]

410.0 - "unknown" Chakra (1:10) (Note=Ab) (Venus Spin 409) [BH3]

414.7 - Frequency associated with orbit of Uranus (Note=G#) [BH2]

416.0 - Psychic Center Chakra (13:1) (Note=Ab) (Uranus Orbit 415) [BH3]; Frequency associated with Iron (mineral nutrient) (Note=Ab) [BH]

418.3 - Frequency associated with bones (Note=Ab) [BH1][BH4]

420.82 - Moon: love, sensitivity, creativity, femininity, anima

421.3 - Frequency associated with orbit of moon (Note=Ab) [BH2]; Also associated with spin of Mercury, but here, she lists the Note as "A" [BH2].

422.8 - Frequency associated with orbit of Neptune (Note=Ab) [BH2]

424.0 - (used on) Fatigue (medium=pad) [JB]; Frequency associated with Iodine (mineral nutrient) (Note=Ab) [BH]

430.8 - Frequency associated with spin of Uranus (Note=Ab) [BH2]

438 - Indigo

440 - A (musical note) ; Associated with [Frontal Lobes](#) (Effects=the seventh sense, final decision) (higher [octave](#) of 13.8) [TOS]; Associated with collarbones (Effects=vitality, overall balance, stability) (higher [octave](#) of 6.88 HZ) [TOS]

442.0 - Frequency associated with orbit of Venus. (Note=A) [BH2]

448.0 - Third Eye Chakra (14:1) (Note=A) [BH3]

445.0 - ["unknown"] Chakra (1:9) (Note=Bb) (Venus Orbit 442) [BH3]

- That's what [BH] put. "unknown" [MPT]

455.4 - Frequency associated with spin of Saturn (Note=A#) [BH2]

456.0 - (used on) sinusitis/sinus infection/head cold [RS]

461.67 - Frequency associated with orbit of Vesta (asteroid) [MPT]

464.0 - Frequency associated with Copper (mineral nutrient) (Note=Bb) [BH]; (used on) sinus infections/head colds w/ 728hz,784hz & 880hz [RS]

473 - Blue

473.9 - Frequency associated with spin of Jupiter (Note=Bb) [BH2]

480 - Crown Chakra (15 : 1) (Note=B) [BH3]; Frequency associated with Phosphorous & Zinc (mineral nutrients) (Note=B) [BH]

486.2 - Frequency associated with spin of Pluto (Note=B) [BH2]

492.0 - Frequency associated with Spleen (Note=B) [BH4]; Associated with Cortex (Effects=intelligence) (higher octave of 15.4 HZ) [TOS]

492.8 - Frequency associated with Adrenals (Note=B) [BH1]; Associated with Adrenals, Thyroid & Parathyroid [BH4]

493.00 - Frequency associated with the orbit of Gaspra (asteroid) [MPT]

495 - B (musical note)

495.25 - Frequency associated with orbit of Castalia (asteroid) [MPT]

497.1 - Frequency associated with spin of Sun. (Note=B) [BH2]

500.0 - (used to treat) Anthrax (medium=tube) [JB]

- Disclaimer!! - If you legitly think you have anthrax, do NOT rely on my stupid frequency chart. Go see a doctor. However, if you do want to tinker around, this frequency was used as an EM field, not a sound. I'm not sure if it would work as a sound. Use at your own risk. (That goes for the other anthrax/smallpox frequencies too.)

520.0 - (used on) Headaches (medium=pad) [JB]

522.0 - (used on) sinus infection/head cold [RS]

526 - Associated with top of head (Effects=spirit, liberation, transcendence) (higher octave of 16.4 HZ) [TOS] ; Associated with mouth (Effects=speech, creativity) (higher octave of 8.22 HZ) [TOS]

527 - Green

528 - C (musical note)

542 - Bio-energetic frequency for Variolinum (i.e. smallpox vaccine). See disclaimer for 500 HZ. [RS]

569 - Bio-energetic frequency for Variolinum (i.e. smallpox vaccine). See disclaimer for 500 HZ. [RS]

580 - Yellow

586.0 - Associated with Circulation & Sex (Note=C#) [BH4]

588.0 - Associated with the upper lip (Effects=emotions, conflict resolution) (higher octave of 9.19 HZ)[TOS]

594 - D (musical note)

597 - Orange

620 - [Keely](#) Frequency (use with 630 and 12000) [TB]

630 - [Keely](#) Frequency (use with 620 & 12000) [TB]

633 - Bio-energetic frequency for Anthracinum (i.e. anthrax vaccine). See disclaimer for 500 HZ before even playing with this. [RS]

658 - Associated With Nasal Passages (Effects=breathing, taste) (higher [octave](#) of 10.3 HZ) [TOS]

660 - E (musical note)

664 - (used for) Fatigue (medium=pad) [JB]

685 - Associated with ears (Effects=hearing, formal concepts) (higher [octave](#) of 13.8 HZ) [TOS]

700 - Red

704 - F (musical note)

727 (used on) Allergies, Sinusitis [RS]; Commonly used "cure-all" [Rife frequency](#) [CR]

728 - (used on) sinus infections/head colds w/ 784hz,880hz & 464hz. [RS]

784 -(used on) sinus infections/head colds w/ 728hz,880hz & 464hz. [RS]

787 - Associated with eyes (Effects=Visualization) (higher [octave](#) of 12.3) [TOS]; (used to treat) Allergies, Sinusitis [RS]; Commonly used "cure-all" [Rife frequency](#) [CR]

800 - Commonly used "cure-all" [Rife Frequency](#) [CR]

802 - (used on) sinusitis with 1550 HZ; (used on) sinus infection/head colds [RS]

820 - (used on) sinus infection/head colds [RS]

832 - Bio-energetic frequency for Variolinum (i.e. smallpox vaccine). See disclaimer for 500 HZ. [RS]

880 - Associated with [Frontal Lobes](#) (Effects=the seventh sense, final decision) (higher [octave](#) of 13.8) [TOS]; (used on) Allergies, Sinusitis [RS]; (used on) sinus infections/head colds w/ 728hz,784hz & 464hz. [RS]; Commonly used "cure-all" [Rife Frequency](#) [CR]

952 - (used on) sinus infection/head colds [RS]

965 - Relaxes muscles, especially those of the neck [KFL]

984 - Associated with Cortex (Effects=intelligence) (higher [octave](#) of 15.4) [TOS]

1000 - Cerebral neurons

1052 - Associated with top of head (Effects=spirit, liberation, transcendence) (higher [octave](#) of 16.4 HZ) [TOS]

1500 - (used on) sinus infection/head colds [RS]

1550 - (used on) sinusitis with 802 HZ, (used on) sinus infections/head colds [RS];

1552 - (used on) eye disorders [KFL]

1600 - (used on) eye disorders [ESR]

2025 - Proton Precession/Water Resonance [TB]

2675 - "The Crystal Resonator". A subharmonic of the frequency of quartz crystal. "extremely effective for charging and clearing quartz crystals .. useful for clearing and balancing of their own energies. Some claim it energize crystals in the brain. Others say that it activates aspects of the auric field. " (medium=sound/tuning fork) [JG]

3222 - Bio-energetic frequency for Variolinum (i.e. smallpox vaccine). See disclaimer for 500 HZ. [RS]

3040 - Use for pain along with 95 HZ [ESR]

4186 - highest note on a piano [MP2]

4400 - (used on) sinus infections/head colds - try scanning between 4384 & 4416 by intervals of 8 HZ. [RS]

5000-8000 HZ - recharge "brain batteries" most rapidly. Fastest recharge at 8000 HZ. "The anxiety-easing, memory-expanding 60-beat tempo creates easy communication with the subconscious mind." [PSI]

5000 - Commonly used "cure-all" [Rife frequency](#) [TB+CR]; (used on) allergies, sinus infections/head colds - short use only -- long exposures destroy red blood cells. [RS/KFL]

9999 - General vitality & energy [KFL]

10,000 - Commonly used "cure-all" [Rife frequency](#) [TB+CR]; (used to treat) alcoholism, allergies, headaches [RS]

12,000 HZ - [Keely](#) Frequency (use with 620 HZ & 630 HZ) [TB]

16,000 - 20,000 - Upper range for normal hearing [MP2]

23,000 up - [Hypersonic Sounds](#) [above human hearing]

38000 - 40000 HZ - [Magic Window](#) [EX via MM+TB]

42800 HZ - Aetheric dissociation/water resonance (water -> aetheric force) [TB]

----- Note - down from this point are KHZ [kilohertz] values, not HZ values

150-160 KHZ - [Magic Window](#) [EX via MM+TB]

180 KHZ - Ferromagnetism [TB]

----- Note - down from this point are MHZ [megahertz?] values, not HZ values

1.1-1.3 MHZ - [Magic Window](#) [EX via MM+TB]

388 MHZ - Alleged to cause damage/disruption to humans [TB]

----- Note - down from this point are GHZ [gigahertz?] values, not HZ values

1.057 GHZ - [Magic Window](#) [EX via MM+TB]

----- Note - down from this point are PHZ [Petahertz] values, not HZ values (1 PHZ = 1,000,000,000,000,000 HZ.)

10 PHZ - [Magic Window](#) in the near ultra-violet range [EX via MM+TB]; ["life energy" frequency](#) [EX via MM]

=====ABBREVIATIONS=====

AA "Gates, States, Rhythms, and Resonances: The Scientific Basis of Neurofeedback Training", Andrew Abarbanel, Ph.D., M.D.

ACS "Acoustical Resonances of Assorted Ancient Structures", R. G. Jahn, P. Devereux, and M. Ibison (1996) "Rudimentary acoustical measurements performed inside six diverse Neolithic structures revealed that each sustained a strong resonance at a frequency between 95 and 120 Hz. Despite major differences in chamber shapes and sizes, the resonant modal patterns all featured strong antinodes at the outer walls, with appropriately configured nodes and antinodes interspersed toward the central source. In some cases, interior and exterior rock drawings resembled these acoustical patterns. Since the resonant frequencies are well within the adult male voice range, one may speculate that some forms of human chanting, enhanced by the cavity resonance, were invoked for ritual purposes." http://www.princeton.edu/~pear/Order_29.html

APE Academic Performance Enhancement with Photic Stimulation and EDR Feedback, Thomas Budzynski, Ph.D, John Jordy, M.Ed. & others. Journal of Neurotherapy, <http://www.snr-jnt.org/JournalNT/Vol3/JNT%283-3%292.htm>

AS AlphaStim (research survey)

AT Auriculotherapy device information from Bentek Corp. Earlobe type electrodes are specified for some conditions, TENS or ECG type electrodes for others. Device has two channels, indicated for each ailment.

AUT "Positive Outcome With Neurofeedback Treatment In a Case of Mild Autism", Arthur G. Sichel, Lester G. Fehmi, and David M. Goldstein <http://www.snr-jnt.org/JournalNT/JNT%281-1%298.html>

AWI The Anna Wise Center, <http://www.annawise.com/>

BAR BiologicalAgeReversor (Brainwave Generator preset), TheMind2 (alias), <http://www.bwgen.com/presets/desc129.htm>

BER Hans Berger, German Psychiatrist, 1929

BON Bone-healing/Restorative "Purring Frequencies" (Brainwave Generator preset), Created by : weap0ner@aol.com, <http://www.bwgen.com/presets/desc186.htm>

BH Barbara Hero, <http://members.aol.com/Lambda3/Chakras.html> - the data comes from the following tables on her site :

- BH1 NOTES AND FREQUENCIES OF THE ORGANS OF THE BODY
- BH2 ORBITS AND SPINS OF OUR PLANETS
- BH3 CHAKRA ENERGY CENTERS OF OUR BODIES.
- BH4 COMPARISON OF PARTS OF THE BODY BASED ON THE SPEED OF SOUND THROUGH EACH ORGAN TO THE ABOVE (1996). Barbara Hero
- Note - some of the captions she includes are kind of vague, although I included them as they were. [MPT]

CA Compleat Astrologer, Derek & Julia Parker for slower physiological rhythms.

CAV "Cavanagh" (1972)

- [DW] associates Cavanagh with research done regarding brainwave frequencies and memory. He didn't give much information about [CAV], though.

CC Robert Becker, MD quoted in the book "Cross Currents" by Jeremy P. Tarcher, Inc., Los Angeles, 1990 <http://www.nexusmagazine.com/DecloakingPathogens.html>

CMP Owner's Manual for the Alpha-Stim® 100 microcurrent stimulator brand of transcutaneous electrical nerve stimulator, Complementary Medical Products Ltd., <http://reiddds.com/products/100oman.html>

CNS Epsilon, Gamma, Hyper-Gamma and Lambda Brainwave Activity and Ecstatic States Of Consciousness, Center for Neuroacoustic Research, (c) 1999. <http://www.jeffthompson.com/articleepsitext.htm>

CR Crane List, via the [compiled lists](#) on [Turf's Electroherbalism Page](#).

- These are Rife-style frequencies, intended to be generated through an electromagnetic means. See glossary entry for [Rife](#) for more information.

CRI Crossroads Institute, "Brainwaves and EEG - the language of the brain",
<http://www.crossroadsinstitute.org/eeg.html>

DSH Daniel Sheer [psycho-physiologist]

DIV Deep Mind IV (Brainwave Generator preset), James R Plazo
<http://www.bwgen.com/presets/desc111.htm>

- James R Plazo is associated with some group called Exceed International, but the URL for their website didn't seem to work.

DW - Re: [bwgen] Water sound effect after listening theta waves, Dennis Webber, Yahoo Groups! : BWGEN, Tue Jul 24, 2001 2:55 pm,
<http://groups.yahoo.com/group/bwgen/message/2024>

EH One Way To Improve Sleep, The Equinox Alternative [Etonhall],
<http://www.etonhall.com/hol4.htm>

- I'm wondering if this and [EQ] are the same source. [MPT]

EMC "40 HZ Brain Activity, Consciousness, and PSI" [a snippet of the article posted by "emcshadow" on the BWGen message board.]
<http://groups.yahoo.com/group/bwgen/message/3668>

- I need to research this one further - I haven't seen a copy of the complete report/article, and it was never mentioned who conducted the research.

EQ Octaves and windows, Equinox, April 88

ESR Table of ElectroSpectrum [Rife](#) Device Frequency Codes VS. Actual Frequency (in HZ) Output. Archived via the [compiled lists](#) on [Turf's Electroherbalism Page](#). (These are Rife-style frequencies - see [Rife](#) glossary entry.)

EX Excalibur Briefing, Thomas E Bearden

- I'm still collecting information on this source. I learned about it from MM, which acts as a secondary source. This is another source that likely used an EM device rather than sound or vibration.

EWI An unpublished work done by Dr. Edgar Wilson & students of the Monroe Institute who were attempting to have an out-of-body experience. He found that as the students moved out-of-the-body, their beta activity increased dramatically at T3 and/or T4 with the highest amplitudes appearing at 22 & 40 -Hz. (John F. Gilbert, Ph.D. & Robert Moroney, D.A., CPPS.) <http://www.snr-jnt.org/JournalNT/JNT%282-1%295.html>

FAH Dr. Steven Fahrion presented a paper a couple of years ago concerning his work with healers and reported much the same results (as EWI). Perhaps these papers will be published at some future date. (John F. Gilbert, Ph.D. and Robert Moroney, D.A., CPPS.)
<http://www.snr-jnt.org/JournalNT/JNT%282-1%295.html>

GIA Giannitrapani (1969)

HC Hans Cuosto, Cosmic Octave, Life Rhythm

- [Note - MPT - more on the cosmic octave at Planetware website <http://www.planetware.de/tone/table.html>]
- The HC entries are meant to be used with sound or possibly vibration -- HC advocated using tuning forks on precise body parts, if I remember correctly.

HOF Hoffman, Stockdale, Hicks, & Schwaninger, 1995.

HSW How Sound Works On The Body, Mindtech, (c) 2001 <http://www.mindtech.co.uk/>

- Note : the article was posted elsewhere : <http://www.crosswynd.com/encounters.htm>

INT Intelegen, Inc (website) <http://web-us.com/binaural.htm>

JB James Bare, ("Bare book") Archived via the [compiled lists](#) on [Turf's Electroherbalism Page](#).

- Need to gather more information on this source - no book name is given, unfortunately. These are Rife-style frequencies however. See [Rife glossary entry](#).

JG Jonathan Goldman, Sound Healing With Sound Healer Jonathan Goldman (website), <http://www.healingsounds.com/>.

- The information was on his "tuning forks" page, but it looks as though as he cut some of it out. I'm not sure if all the frequencies are still represented there.

KFL ?? Kinnaman, Kinnaman Frequency List And Possible Effects, Archived via the [compiled lists](#) on [Turf's Electroherbalism Page](#). (See note for CR bibliography entry.)

- No first name is given for this person - sorry. Also, these are Rife-style frequencies. Be sure to check out the [Rife glossary entry](#) if you want to play around with them.

LUB "ADD/ADHD" ; Lubar, 1991.

MAG "Megabrain" (article name), Magical Blend Magazine, P. O. Box 11303, San Francisco, Ca 94101, USA, Found at : http://www.chscene.ch/ccc/habi2/134_megabrain.html

MB Megabrain Germany

- MB2 = Megabrain Report, v1 #2; MB3 = Megabrain Report #3, p. 19

MH Mind Expanding Machines: Can the GP Do for the Brain What Nautilus Does for the Body?, by Michael Hutchison, New Age Journal July/Aug 87 Graham potentializer not in production.

MM Micromercurial Maze [website] <http://geocities.com/ResearchTriangle/2888/>

- There's a lot of useful frequency-related information on this page - but most of the frequencies mentioned are likely intended to be generated through electromagnetic means, rather than audio means.

MMF Melinda Mansfield - Researcher

MP1 Chant: The Healing Power of Voice and Ear, an interview with Alfred Tomatis, M.D., by Tim Wilson, in Music: Physician for Times to Come, an anthology by Don Campbell

MP2 Sonic Entrainment, by Jonathan S. Goldman, in Music: Physician for Times to Come, an anthology by Don Campbell

MPT Hey, this denotes the frequencies I calculated by myself for the revolutions of the various asteroids. I'm not going to claim said tones have some funky new-age meaning, although they would be the actual "tones" of the asteroid's revolution, risen to a high enough octave to be heard as a sound. I generated the frequencies of the asteroids using the following method :

- Step 1) Find a table that gives the revolution times of the asteroids (most give them in years). Here's one : <http://supernova7.apsc.csi.cuny.edu/res-tabl.html>
- Step 2) Divide 1 by the number of years an asteroid takes to complete a revolution. (This will give you the fraction of a revolution it completes in one year.)
- Step 3) Divide by 365 (to get value into days). Then divide by 24 (to get value into hours). Then divide by 60 (to get value into minutes). And divide by 60 again (to get value into seconds).
- Step 4) So, you're left with the amount of the revolution an asteroid completes in one second. Since this frequency is very small, you need to raise it until its into the range of audio sound. Now, begin doubling the number - this raises the octave of it. Higher octaves have a higher pitch, but are the same note. Keep doubling the value until it's 100 HZ or higher. (I find sometimes lower-pitched tones have more impact than the higher-pitched ones, which can drive you bonkers if they're -too- high.)

NEU Neural Frequency Association Listings, The Neuro Matrix site - http://www.futuredynamicadvantage.com/neuromatrix/neuro_matrix.html

NME "A New Theory of Consciousness", HEALTH/SCIENCE, New Mexican April 7, 1995

NSS Neurosync Software

NYT New York Times Science Section, 1989

OML Chakra Reference Chart, <http://omlogos.com/>

- The chart seems to imply that higher octaves of those frequencies also are associated with the chakras mentioned, since it uses them in a musical context, saying that the Crown chakra is associated with the "musical series of B", for example.

PL Power of Limits (see Accords chart) for colors and notes.

PGS "Sub-threshold 10--Hz Sound Suppresses EEG Theta: Clinical Application for the Potentiation of Neurotherapeutic Treatment of ADD/ADHD", Paul G. Swingle, Ph.D., C. Psych. <http://www.snr-jnt.org/JournalNT/JNT%282-1%293.html>

PM Color Therapy, Downtown Express Productions, LLC.
Peaceful Mind-Alternative Medicine And Therapies [website]
http://www.peacefulmind.com/color_therapy.htm

PSI PsiliPharm, "5,000 HZ Frequencies To Boost Growth Of Plants", Cannabis.Com,

- He reportedly got the information from other sources, including a book called Superlearning 2000, which is about ways of learning more efficiently.

PWM "Playing With Your Mind", Patricia Chamberlain, Unlimited Human magazine. March 1993.

QG China Healthways Inst.

- [Note - MPT - [China Healthways website.](#)]

RA Brainwave Entrainment Frequencies, Ray Auxillon, June 15th, 1999.
<http://members.tripod.com/~speculation/brainwave.html>

RED The Rediscovery of Audio-Visual Entrainment, David Siever, C.E.T., (c) 1997, found chapter at : <http://www.comptronic.com/bwehist.htm>

- The entry at 3HZ was a reference to experiments conducted by Glen Solomon in the 80s using a device called a Dzidra Glass. This was a visual means of brainwave entrainment, rather than an audio means.
- The entry at 10HZ was a reference to experiments conducted by Norman Shealy, who studied the effects of 10 HZ photic stimulation. (brainwave entrainment using pulsing lights rather than sound)

ROW Rowland (1968)

RP Astral Travel with Orgone Energy Machine, Ray A. Proper, Fry's Incredible Inquiry

RS Reid Smith, an assortment of frequency tables from various sources that RS compiled. Archived via the [compiled lists](#) on [Turf's Electroherbalism Page](#).

- Those frequencies listed that were compiled by Reid Smith are Rife-style frequencies - [see glossary entry for Rife](#).

RUS Russell And Carter in a blind study (need to research this one for more info.)

RV Primordial Tones: Meditation on the Archetypal Energies of Celestial Bodies, Joachim-Ernst Berendt, ReVision, Summer 1987 for planets.

RVX Remote Viewing : The Story Of The Real X-Files, Paranormal Management Systems, http://www.fastnet.co.uk/pms/real_x.htm

SED The Sedona Sound Experience (website), R. Brian Caldwell,
<http://www.metasonics.com/>

SS Silent Sounds website - <http://www.mindspring.com/~silent/menu.htm>

- [Note - MPT - most likely not the original source of this information, but the list that I got it from.]

SX "Re : Sexual Stimulation", posted on the Yahoo Groups Brainwave Generator message board by "R.Verhey" on 3/9/02. (He saw it in a patent on the 'IBM Server' and thinks it was meant to be generated as a 'magnetic pulse'.)

<http://groups.yahoo.com/group/bwgen/message/3315>

TB Frequencies.. ["interesting, useful, and weird frequencies"], Terry Bastian <mailto:%5Btbastian@dmv.com>], from a message in the Keely Net BBS Archives posted in July of 1998 : http://www.keelynet.com/interact/Arc_7_98-12_98/00000221.htm

- Again, the frequencies with this source listed are most likely intended to be generated through electromagnetic means, rather than through using sound.

TDM "Theta: Don't Tread on Me", Marvin Sams Ph.D., R.EEG T, QEEGT, L. Ac.
<http://www.snr-jnt.org/JournalNT/JNT%282-3%294.html>

TOS Table Of Sound Frequencies Corresponding To The Human Body,
<http://www.geocities.com/Athens/Parthenon/4572/tableof.htm>

- The compiler doesn't name himself on the page, but he gives his references, which are : Les Plans d'Expression, Marie-Louise Aucher, Paris, Mame,
- And : Revelatio Secretorum Artis, Ivo Salzinger, in Beati Raimundi Lulli Opera Omnia, Minerva, Mainz, 1975

TS Schumann Resonances, Geomagnetic Reversals, and Human Brain States, Tony Smith - web article at - <http://www.innerx.net/personal/tsmith/Schumann.html>

VPL V. P. Lebedev (a Russian Researcher), studies from 1985-1990. (I got this source via M.Sandomirsky <mailto:%28marks@ufanet.ru>) on the Brainwave Generator message board : <http://groups.yahoo.com/group/bwgen/message/2552>

VUG Voyager XL User Guide, ©1993 Theta Technologies.

WL Wolfgang Ludwig

× Michael Hercules' Nustar

Electrical wave forms - "One of the benefits of working with electrical stimulation is the ability to generate precise and complex waveforms. It is likely that specific waveforms have specific functions. Brain stimulation, frequencies and waveforms are a vast and promising field of experimentation for alchemists."

Mortal oscillatory frequencies of Rife radio instrument, see Super Science.

Radionic frequencies chart may be obtained from L'ORD Industries.

Zen Player and B. Giles personal notes

Brain Frequencies - Anecdotal Listing of Frequencies

"Dennis Webber"

Here is a copy of the listing I've acuminated over the course of a year and a half. Not all of the following frequencies/conditions have been verified by competent medical researchers. The references I have for each entry are shown at the end.

(This is the study of Neurotechnology; the field of mind-machine interface.)

-BASIC		STATES-
0.75-4.50	Hz	(Delta)
4.75-7.75		(Theta)
8.00-12.25		(Alpha)
12.50-15.00		(Sigma)
15.25-24.75		(Beta)
25.00-34.75		(Gamma1)
35.00-44.75	(Gamma	2)

FREQ.		REMARKS
----		-----
0.1-3	Delta. Normally associated with a deep dreamless sleep, trance state, lucid dreaming, increased immune functions, hypnosis; and non-REM type of sleep	
0.1-1	Organ+muscle resonances.	(40)
0.1-3	Monroe Focus	21.
0.16-10	Neuralgias.	(02)
0.18-10	Mod. therapy	(02)
0.20-0.26	Dental pain.	(02)
0.20-10	Post-traumatic.	(02)
0.28-2.15	Alcohol addiction.	(02)
0.28-10	Arthritis.	(02)
0.30-0.15	Depression.	(02)
0.30-10	Cervobrachial syndrome.	(02)
0.37-2.15	Drug addiction.	(02)
0.40-10	Confusion.	(02)
0.45-10	Muscle pain.	(02)
0.5-1.5	Pain relief, endorphins, better hypnosis	(40)
0.5-4	Delta. Conducive to miracle type healing, divine knowledge, inner being and personal growth, rebirth, trauma recovery, "one with the universe experiences (samadhi), near death experience, characterized by "unknowing" merely a blissful "being" state such as deep sleep or coma.	(18)
0.5	Very relaxing, against headache.	(16)

0.5 For lower back pain. (01)

0.5 Thyroid, reproductive, excretory stimulant, whole brain toner (40)

0.9 Euphoria (40)

0.95-10 Whiplash. (02)

1-3 Delta: deep, dreamless sleep, trance state, non-REM sleep.

1-3 The last main pattern is that of delta waves, pulsations that range between 3 to 1-Hz. In this range of profound relaxation, images and dreams have largely subsided, as the person slides into a state of slow wave restorative sleep. Mediators who remain aware during this state of near unconsciousness report tranquillity and peace. (37)

1.0 Feeling of well-being, pituitary stimulation to release growth hormone; overall view of inter-relationships; harmony and balance (16)

1.05 For growth hormone production where intriguing reports of gray hair returning to its original color have been noted. (18)

1.45 Tri-thalamic entrainment format. According to Ronald de Strulle, creates entrainment between hypothalamus, pituitary and pineal. May benefit dyslexic's and people with Alzheimer's. (20)

1.5 Abrams universal healing rate (40)

1.5 Less effect from symptoms. Those individuals whose ailments have manifested into the fourth stage of Chronic Fatigue, where some form of disease is apparent, experienced a release from the negative sensation of their symptoms when moved into 1.5-Hz. (25) (38)

1.5-2.5 Sleep. (02)

2.15 - 10 Tendovaginitis (02)

2.5 16th harmonic of 40-Hz

2.5 Pain relief, relaxation (16)

2.5 Production of endogenous opiates (11)

2.7 15th harmonic of 40-Hz

2.9 14th harmonic of 40-Hz

3-4 Influences physical vision (40)

3.0-5.5 Theta 1 - When I first started doing Decrease training, I began with Decrease Theta at 4 to 8-Hz. Results were admittedly quite good, at least in regard to increasing SMR and Beta. When I read about Theta2, however, I realized that there could possibly be some interference with cognitive processing by decreasing Theta above 5.5-Hz. As a result, I changed my primary Theta band to 3 to 6-Hz, calling it Theta1, and created a new secondary frequency band of 5.5 to 8-Hz, which became Theta2.

3.6 11th harmonic of 40-Hz

3-6 For eliciting unconscious childhood memories. (18)

3-6 Childhood awareness/vivid memories (40)

3-7 The Theta level is normally associated with recall, fantasy, imagery, creativity, inspiration, future planning, dreaming, switching thoughts, and drowsiness.

3-8 Theta - deep relaxation, meditation, increased memory, focus, creativity, lucid dreaming, Hypnagogic state.

3.0 Increased reaction time. (40)

3.1 13th harmonic of 40-Hz

3.3 12th harmonic of 40-Hz

3.4 Sound sleep.

3.5 Oneness, language learning, earth resonance (40)

3.5 Feeling of unity with everything, accelerated language retention (24)

3.5 Enhancement of receptivity (16)

4.5 Premature baby response time (latency). (41)

4-6 attitude and behavior change (17)

4-6 Out-of-body experiences. (40)

4-7 THETA Near sleep brain waves that are conducive to profound inner peace, "mystical truths", transforming unconsciously held limiting beliefs, physical and emotional healing,

purpose of life exploration, a "live in quality" ... characterized by a "kind of knowing that feels like" inner wisdom, faith, meditation, some psychic abilities, and retrieving unconscious material (18)

4-7 Theta: recall, fantasy, imagery, creativity, planning, dreaming, switching thoughts, Zen meditation, drowsiness.

4-7 Meditation, Intuitive Augmentation.

4-7 Theta waves are associated with bursts of inspiration, creativity, twilight-sleep learning, deep relaxation, reverie, high levels of awareness, and vivid mental Imagery. They are Hypnopompic, and Hypnagogic (just before and just after sleep). Advanced Zen meditators can move from Alpha to Theta when in a trance as can biofeedback experts. Brain wave synchronization allows the user to reach these states without any special training or aptitude. (23)

4-8 Theta Found in states of deep relaxation, theta activity is also associated with bursts of creative insight, twilight ("sleep") learning and vivid mental imagery. It is also found in more advanced meditators. (37)

4-8 While this range is rather small, a difference of 1 or 2-Hz in this zone is very noticeable, as it is proportionately much larger than it would be in the beta or alpha range. This pattern is associated with deep unconscious imagery, and thus creativity, as the person drops into a state of drowsiness and near-sleep. (37)

4-8 THETA. Access to subconscious images, deep mediation, reduced Blood pressure, said to cure addictions. Theta seems to trigger the sudden reliving or vivid remembering of long-forgotten childhood memories. One explanation for this link between theta and childhood is that, while adults rarely produce theta, children are in a theta state most of the time--up to the age of six or beyond, children produce mostly theta waves, and then the amount of theta progressively decreases as the child grows into adulthood. In other words, children spend most of their time in what we adults would call a trance-like, altered state of consciousness, and one that is extremely open and receptive, highly conducive to the learning of new information and the creation of memories.

In recent years a large number of scientific studies have explored a phenomenon called "state bound" or "state dependent" learning. In essence, they have found that things experienced in one state (of consciousness) are far more easily remembered later when we are once again in that same state. Things learned when we're happy are remembered best when we're happy, what we learn when cold is remembered best when we're cold, and so on.

4-12 Skeletal muscle resonances. (40)

4.0 10th harmonic of 40-Hz

4.0 Associated with object naming, an important aspect of memory. (49)

4.0 Lowest frequency for brainwave entrainment. "However, when the stimulus is repeated continuously above 4-Hz, the brain begins to "resonate" with the stream of stimuli and the resultant brainwave response is of the same frequency as the stimuli." (10)

4.0 According to Cavanagh (1972), Theta at 4-Hz corresponds to a full memory search. Theta, then, like Alpha, is a scanning frequency. Cavanagh began by compiling a number of studies dealing with different classes of stimuli (digits, colors, letters, words, geometrical shapes, random forms, and nonsense symbols). Each class of stimuli was found to have a characteristic reaction time. However, he found a constant of 243.2 ms when multiplying the reaction time for a single item by the maximum number of items in a given class. This indicated that each item class was scanned at a different speed, but that scanning of the full memory is always executed at a speed of 4-Hz.

4.0 Enkephalin's; Extrasensory perception; Encephalin production (16)

4.0 Reduction in levels of exhaustion. Those who suffer from Chronic Fatigue exhaust very easily. When moved to 4-Hz these individuals showed marked improvement in the length of time between the occurrence of exhaustion after certain exercises were completed (25)(38)

4.5-6.5 Wakeful dreaming, vivid images (40)

4.4 9th harmonic of 40-Hz

4.5 Shamanic State of Consciousness.(39)
4.5 Tibetan Buddhist chants (39)
4.9 Theta brain wave. (40)
4.9 Introspection. (40)
5-10 Relaxation.
5.0 8th harmonic of 40-Hz
5.0 Learning. (40)
5.0 Unusual problem solving (24)
5.0 In one study thirty patients experienced relaxation states of 80-100% after five minutes as well as improved pain relief. Eight patients had blood tests before and after the sessions and showed improved beta-endorphin levels of 10-50%.
5.3 Babies born full term response time (latency). (41)
5.5-8.0 Theta 2 (See Theta 1 - 3.0-5.5)
5.5 Knowingness, inner guidance. (40)
5.5 Moves beyond knowledge to knowing, shows vision of growth needed.
5.7 7th harmonic of 40-Hz
6.0-9.6 Somatic responses, tingling, pressure, heat. (40)
6-10 Creative Visualization - about 6-Hz for a while, then up to 10-Hz.
6.0 Long term memory stimulation (16)
6.26-6.6 Hemispheric de-sync, confusion, anxiety, low Reaction time, depression insomnia. (40)
6.2-6.7 Frontal Midline Theta (Fm Theta) is a specific EEG frequency seen in those subjects actively engaged in cognitive activity, such as solving math problems and playing Tetris (43)
6.3 Mental and astral projection; accelerated learning and increased memory retention.
6.5 Theta2 consists of trains (long runs) of rhythmic frontal activity centering at 6.5-Hz with amplitudes reaching the 50-100 uV (micro-volt) range. Theta2 is induced in some people by the performance of a mental task such as mental arithmetic, tracing a maze, counting the number of cubes piled in a three-dimensional representation, and imaging a scene. Because Theta2 is associated with mental tasks and its influence is seen in evoked potential latencies, Mizuki (1987) believes that the appearance of Theta2 closely relates to mechanisms of attention or arousal. Theta2 is more common in extroverts with low traits of neurosis and anxiety.
6.7 6th harmonic of 40-Hz
7-8 A fascinating possibility is the harmonic association of 40-Hz activity and the Alpha/Theta Neurofeedback training for addictions. If the 40--Hz/sub-harmonics theory is correct, the objective in addictive work is to teach the brain to open the fifth sub-harmonic "gate" of 40-Hz (7-8-Hz). It may be that the addicted person can open 40-Hz's fourth Harmonic gate (Alpha) with the alcohol or drugs. But, whether it is an anomalous gene, aberrant EEG frequencies, inappropriate neurochemistry a neurochemical "lock out," or some other reason, the alcoholic is not able to open the fifth sub-harmonic 7 to 8-Hz gate. Instead of entering the Alpha/Theta state, the person sinks into the high-amplitude slow waves of profoundly lowered arousal (unconsciousness). Alpha/Theta Neurofeedback results in some 80% of those addicts properly trained becoming non-craving, having a mellow personality and significantly adjusted neurochemistry (Peninston & Kulkosky, 1990). Alpha/Theta training may be a process by which the previously closed fifth sub-harmonic gate (40-Hz divided by 5) can be opened and certain critical neurochemistry accessed.
7-13 The Alpha level is associated with a non-drowsy but relaxed, tranquil state of consciousness, primarily with pleasant inward awareness; body/mind integration.
7.0 Treatment for sleep disturbances (46)
7.0 Mental and astral projection; bending objects; psychic surgery.
7.0 Spiritual healing, telekinesis, mind projection, increased reaction time. (40)
7.5 Inter-awareness of self and purpose, guided meditation, creative thought for art, invention, music, etc.; contact with spirit guides for direction; entry into meditation (16)

7.5 At 7.5-Hz subjects who before suffered from confused thinking reported an ease at finding solutions to troublesome problems after a re-evaluation was conducted. (25)

7.5 Inter-awareness of self and purpose, guided meditation, creativity (16)

7.5 Solutions to problems. At 7.5 -Hz subjects who before suffered from confused thinking reported an ease at finding solutions to troublesome problems after a re-evaluation was conducted. (38)

7.5 Creativity, discovery of "purpose" in life, inward focus. (40)

7.7 Doyere's group (1993), found that short high frequency bursts at 7.7 Hz induced LTP in prefrontal cortex, though only for one day. (56)

7.8-8.0 Stimulates ESP, paranormal. (40)

7.83 Earth Resonance (06)

7.83 Grounding (24)

7.83 Schumann earth-ionosphere resonance, grounding, integration anti-jetlag, anti-mind control, improved stress tolerance. (40)

7.83 (Earth resonance frequency) leaves you feeling revitalized like you've spent a day in the country. (18)

8-8.6 Reduced stress/anxiety. (40)

8-10 Alpha - Rapid Refreshment in 15 minutes. (17)

8-10 learning new information (17)

8-12 ALPHA Slower brain waves that are conducive to creative problem solving, accelerated learning, mood elevation, stress reduction, etc., characterized by intuitive insights, creative "juice", inspiration, motivation, daydreams etc. Relaxed, yet alert (18)

8-12 light relaxation, "super learning", positive thinking. (18)

8-12 Alpha waves are smooth, regular electrical oscillations in the human brain that occur when a person is awake and relaxed or entering into the meditative state. Associated with calm, relaxed, unfocused (not concentrating), lucid mental states, dream sleep, and pleasant drifting feelings or emotions. Persons who imagine vivid visual Images have fewer Alpha waves, and Non-visualizers (those whose preferences are tactile, aural, olfactoral, and simple visualizations) have stronger alpha waves. (23)

8-13 Alpha. Relaxation, tranquillity, feeling fine, receptivity, amplifies dowsing, empty-mind states, detachment, daydreams, mind/body integration, epileptic seizures. (40)

8-13 Relaxed, tranquil and non-drowsy, inward awareness, body mind (40)

8-14 Qi Gong and infrasonic Qi Gong machine (28)

8.0 5th harmonic of 40-Hz (24)

8.0 Past life regression (24)

8.0 Past life regression, more lymphocytes, DNA repair (50)

8.3 Pick up visual images of mental objects (40)

8.3 Mental imagery, clairvoyance (40)

8.3 Monroe Focus 12. (40)

8.6-9.8 Induces sleep, tingling sensations. (40)

9,11,16 documented calcium ion migration (brain tissue). (40)

9-13 Alpha is relaxed, not thinking about anything in particular, sometimes a pleasurable feeling of "floating". Often dominant in certain kinds of meditation, alpha waves have for the past twenty years been associated with calm, lucid mental states (the "alpha state"). They are also often detected during dream sleep. (37)

9-13 This pattern typically occurs in daydreaming, relaxed awareness, guided or focused imagery and smoothly rhythmic athletic activity. There is often a euphoric, effortless feeling of "flow" as the doer is absorbed in activity, and subject and object are felt to be united. (37)

9.0 Awareness of causes of body imbalance and means for balance (24)

9.41 Pyramid frequency (outside) (40)

9.5-10 The peak frequency of Alpha in most people is in the 9.5 to 10-Hz range, a fourth sub-harmonic of 40-Hz. Eccles and Walter (1950) both agree that Alpha is the brain's scanning

mechanism. In light of logic and current neurophysiological information, this makes sense. For example, when the eyes are closed and the visual centers in the occipital and parietal regions are deprived of visual stimuli, Alpha amplitude in the posterior head regions usually increases dramatically. Furthermore, Galin and Omstein (1972) found Alpha magnitude decreases over the hemisphere of the brain that is under task. Alpha rhythm, then, appears to be only indirectly involved in the brain's attentional mechanism. Alpha is the brain's scanning (idling) frequency, denoting a brain "standing by," waiting to give way to Beta should attention be required, or to be the bridge, the gate, to Theta and Delta for drowsiness, sleep, and certain cognitive challenges. Alpha is therefore an important cerebral rhythm, perhaps being mathematically a resonant piece of the 40-Hz Grand Conductor's ensemble of frequencies.

9.6 Mean dominant frequency associated with the earth's magnetic field (11)
 9.8-10.6 Alertness. (40)
 10+18 Significant improvements in memory, reading and spelling are reported (30)
 10 4th harmonic of 40-Hz.
 10 A harmonic frequency of 10-Hz was found to suppress EEG theta. Comparisons with control sounds of pink noise and pink noise with a sub-threshold 300-Hz tone indicated that the 10-Hz harmonic sub-threshold blends suppressed EEG theta to a considerably greater extent than did control sounds. Subthreshold tones have different windows of effectiveness for males and females (Swingle, 1992). Males are more influenced by SPL in the range of -15dB(C) whereas females respond more to SPL in the range of -25 dB(C). With children this distinction is less clear and in practice I recommend that the -25 dB(C) SPL side be used for both male and female children. (46)
 10 Treatment for Attention Deficit (Hyperactivity) Disorder (47)
 10 Treatment for closed head injury (48)
 10 Dominant alpha frequency, clarity, normalcy, anti-convulsant circadian rhythm resync, activate kidneys, raise body temp, more serotonin. (40)
 10 Berger rhythm (07)
 10 Enhanced release of serotonin and mood elevator, universally beneficial, use to try effects of other mixes (16)
 10 Acts as an analgesic, safest frequency, especially for hangover and jet lag. (11)
 10 Meg Patterson used for nicotine withdrawal (15)
 10 For learning a foreign language fast, (18)
 10 In a study using 20 minute sessions of 10-Hz photic stimulation, it was found that the daytime level of melatonin decreased and increases in the levels of endorphin, serotonin and norepinephrine. Shealy's group suggested that an increase in beta endorphins is associated with a sense of well being and decreased pain. The increase in norepinephrine and serotonin and the decrease in melatonin suggest an increase in the level of alertness. (35)
 10 increases in neurochemical levels: 11% increase in Norepinephrine levels, 21% increase in Serotonin levels, 25% increase in Beta-Endorphin levels
 10.2 Catecholamines
 10.5 Relaxed alertness, contemplation, body healing, mind over matter. (40)
 10.5 Healing of body, mind/body unity, fire walking (24)
 10.5 Potent stabilizer and stimulating for the immunity, valuable in convalescence. (16)
 10.5 For specifically lowering blood pressure (18)
 10.5 Baseline of Alpha production: Alpha production is defined as the ratio of the 10.5-Hz to the entire measured EEG spectrum. (03)
 10.6 Relaxed and alert
 <11 Stress Reduction (less than 11-Hz
 11-14 Focused alertness. (40)
 11.5-14.5 An implication for neurotherapy is that if increased intelligence and mental efficiency is the objective, then a frequency band with a 13-Hz center should be used. A more desirable frequency band than 12 to 15-Hz is 11.5 to 14.5-Hz.

11 To achieve "relaxed yet alert states," (18)
 12-15 Beta (low) - relaxed focus, improved attentive abilities
 12-15 Sensorimotor Rhythm (SMR) - Used in the treatment of mild autism (42)
 12 Centering, mental stability, transitional point, time seems faster. (40)
 12 Centering, doorway to all other frequencies (24)
 12 Frequency of earth resonance (14)
 13-27 Beta waves are associated with focused attention towards external stimuli, alert mental activity, normal waking consciousness, and active thought processes. (23)
 13-30 BETA Waking state, motivation, outer awareness, survival, problem solving, arousal, dendrite growth, combats drowsiness. (40)
 13-30 Normal wakefulness (24)
 13-30 The Beta level is associated with outward awareness, the taking in and evaluating of various forms of data received through the senses; it is present with worry, anger, fear, hunger, and surprise.
 13-40 BETA a high frequency pattern, conducive to stimulating energy and action; most of our current institutionalized education is beta geared, characterized by logical, analytical, intellectual thinking, verbal communication, etc. (18)
 13.3 3rd harmonic of 40-Hz.
 14-15 Slows conditioned reflexes. (40)
 14-16 Associated with sleep spindles on EEG during second stage of sleep" (11)
 14-30 This pattern is optimal for intense mental activities such as calculations, linear logical analyses, and other highly structured functions (37)
 14 Awake and alert
 14 Alert focusing, vitality, concentration on tasks. (40)
 14.1 Earth resonance. (40)
 15-18 Beta (mid) - increase mental ability, focus, alertness, IQ
 15-24 Euphoria. (40)
 15 Chronic pain (16)
 16 Bottom limit of normal hearing (20)
 16 Release oxygen and calcium into the cells (29)
 18-22 Beta: outward awareness, sensory data
 18+ Beta (high) - fully awake, normal state of alertness, stress and anxiety
 18 To improve hyperactive behavior (18)
 18+10 Significant improvements in memory, reading and spelling are reported (30)
 19.6 For Beta to fit the 40--Hz/Subharmonics, theory, the frequency would have to be = 19.6 (= 39.5 divided by 2). Peak frequency evaluations of the 18 to 22-Hz Beta band in a small number of subjects show that = 19.6-Hz is close to the band's frequency peak. If the 40--Hz/subharmonics theory and early results are correct, Beta should be trained, not at the 15 to 18-Hz frequency band as suggested by Othmer (1991) or the 16 to 20-Hz range as proposed by Lubar (1991), but at 18 to 22-Hz. Lubar's 16 to 20-Hz band seems close to the theoretical Beta frequency band, but his 16 to 20-Hz band is marginal. The ~19.5 frequency center is to the far limits of the filter, probably restricting full access to the desired frequency.
 20-30 Phospene imagery, peak luminosity in visual field. (40)
 20 2nd harmonic of 40-Hz.
 20 fatigue, energize. Causes distress during labor. (11)
 20 Human hearing threshold. (40)
 20.3 Earth resonance. (40)
 22+40 Out-of-the-body travel (44)
 22+40 Psychic Healing (45)
 25 Tested clinically with patients who complain of anxiety (46)
 26.4 Earth resonance. (40)
 27.5 lowest note an a piano (20)
 30 Meg Patterson used for marijuana. (15)

30-190 Lumbago (02)

30-500 High Beta: a few people able to replicate at will

30-500 The High Beta level is not associated currently with any state of mind. Some effects have been observed, but currently not enough research has been done in this area, to prove, or disprove, anything

32 Desensitizer; enhanced vigor and alertness (16)

33 Christ consciousness, hypersensitivity, Pyramid frequency (inside)

35-150 Fractures (02)

35-193 Arthralgia (02)

35 Awakening of mid-chakras, balance of chakras

36-44 Frequencies of the olfactory bulb, prepiriform cortex & amygdala (10)

38 Endorphin release (36)

40-60 Anxiolytic effects and stimulates release of beta-endorphin (16)

40 40-Hz activity varies from 38.8 to 40.1-Hz, regardless of the electrode site. The average frequency is in the ~39.5-Hz range. In summary, when the body is profoundly relaxed and the mind is in a state of high focus and concentration, 20 and 40-Hz brain activity can be seen in the raw and quantitative EEG of some subjects. It is possible that 18 to 22-Hz Beta and possibly 40-Hz neurofeedback training may help create a "relaxed body/focused mind" state of consciousness.

40 Activity in the ectosylvian and lateral cortex, medial geniculate, reticular formation, center median thalamus, and hippocampus (33)

40 Dominant when problem solving in fearful situations. (11)

40 Gamma - associated with information-rich task processing and high-level information processing

40 "A New Theory of Consciousness" For scientists who study the human brain, even its simplest act of perception is an event of astonishing intricacy. 40-Hz brain activity may be a kind of binding mechanism, said Dr. Rodolfo Llinas a professor of neuroscience at New York University. Llinas believes that the 40-Hz wave serves to connect structures in the cortex where advanced information processing occurs, and the thalamus, a lower brain region where complex relay and integrative functions are carried out (22)

40 Confirming Sheer et al.'s work, compared the EEG of middle- and high-I.Q. subjects during mental multiplication activity. A 40-Hz rhythm occurred just prior to the subject's answering the question. Forty-Hz pulses are thought to lead to synchronization and coordination of neurons assigned to the processing of incoming sensory stimulation. Put in "computerese," 40-Hz may be the brain's "operating system" frequency (12)

40 "Auditory evoked potentials are usually divided into three categories: brainstem potentials, less than 10 msec latency; late cortical potentials, probably 100 msec and up, something like that, I don't exactly remember; and the "middle latency potentials", with a latency in the range of about 20 to 40 msec or so, and a duration of about 25 msec. In other words, the later the potential, the more it resembles EEG, in several respects, especially sensitivity to anesthesia and levels of consciousness. A potential with a duration of 25 msec can be elicited using a 40-Hz stimulus (40 times a second that is; the stimuli can be tone bursts at various frequencies), thus producing a 40-Hz steady-state potential. In, say, the Seventies and Eighties, there was a lot of interest in using middle latency auditory EPs for hearing assessment in difficult-to-test subjects, particularly with the 40-Hz paradigm. The late cortical potentials are too closely linked to state of consciousness for that. Since the middle latency potentials are linked to state of consciousness, it makes sense to try to use them to assess levels of anesthesia. but I don't see that it has anything to do with the brain having a "resonance" at 40-Hz. In fact, since the highest amplitude EEG waves are at frequencies below 8-Hz (delta, theta), alpha waves (8-13) are in the middle, and beta (14 and up) are the smallest amplitudes, I would suspect that the resonant frequencies of cortical tissues are in the 10-Hz and under range. Notice, too, that the resonant frequencies, if that's indeed what they are, seem to change with levels of consciousness and activation -- in normal adults, you

don't get frequencies under 7-Hz except in sleep, and you get occipital alpha activity only in an alert, relaxed state with eyes closed. Also, if it really has to do with a resonant frequency characteristic of the brain, why are there not 40-Hz visual and somatosensory potentials?" (27)

43-193				Carcinomatosis		(02)
50-60	Documented negative effects too numerous to mention There is no correlation given with signal strength or modality used, i.e. audio-visual, EMF, magnetic, electrostatic, gravitic. Also, most ELF research is now Govt classified, particularly since the mid-1960's when Hamer discovered behavioral effects as the result of applied sinusoidal field gradients as low as 4 volts.					(40)
50	Dominant frequency of polyphasic muscle activity, mains electrical in U.K.					(11)
50		Slower		cerebral		rhythms
55	Tantric	yoga;	stimulates	the	kundalini	(24)
60		Electric		power		lines
63		Astral		projection		(24)
70-9,000		Voice		spectrum		(19)
70	Mental		and	astral		projection
72			Emotional			spectrum
80	Awareness and control of right direction. Appears to be involved in stimulating 5-hydroxytryptamine production, with 160-Hz. Combine with 2.5-Hz.					(11)
83	Third	eye	opening	for	some	people
90	Good	feelings,	security,	well-being,		balancing.
95-125	Acoustical	Resonances	of	Assorted	Ancient Structures	(58)
105	Overall	view		of	complete	situation
108			Total			knowing
110		Stomach-		?A		(05)
111		Beta		endorphin		(21)
111			Cell			regeneration
117.3		Pancreas-		?C#		(05)
120-500	PSI, transmutation, psychokinesis, P.S.I.; moving of objects, changing matter; transmutation.					
125	Graham		potentializer;		Stimulation	(17)
126.22	Sun,	32nd	octave	of	Earth year	(13)
136.1	Sun:	light,	warmth,	joy,	animus	(32)
140.25	Pluto:		power,	crisis	&	changes
141.27		Mercury:		intellectuality,		mobility
144.72	Mars:	activity,	energy,	freedom,		humor
147.85	Saturn:		separation,	sorrow,		death
160	Appears to be involved in stimulating 5-hydroxytryptamine production, with 80-Hz.					(11)
164.3	Gall		Bladder-		?E	(04)
176		Colon-			?F#	(05)
183.58	Jupiter:	growth,	success,	justice,		spirituality
194.71		Earth:		stability,		grounding
198		Liver-			?Ab	(05)
207.36	Uranus:	spontaneity,		independence,		originality
211.44	Neptune:	the	unconscious,	secrets,	imagination,	spiritual love
220		Lungs-			?A	(05)
221.23	Venus:	beauty,	love,	sexuality,	sensuality,	harmony
250		Elevate		and		revitalize
256	Root		Chakra-		?c	(04)
264		Personality-			?C+	(05)
272	33rd	octave	of	Earth	year	(13)
273	Transpersonal		Chakra-		?c#	(04)

281		Intestines-		?C#		(04)
281.6	Small		Intestine-	?C#		(05)
288	Polarity		Chakra-	?d		(04)
295.8	Fat		Cells-	?C#		(04)
315	Diaphragm		Chakra-	?d#		(04)
315.8		Brain-		?Eb		(04)
317.83		Liver-		?Eb		(04)
319.88		Kidney-		?Eb		(04)
320	Solar	Plexus	Chakra-		?Eb	(04)
321.9		Blood-		?E		(04)
324		Muscles-		?E		(04)
330		Kidney-		?E		(05)
330	Gall		Bladder-		?E	(05)
341	Heart		Chakra-		?f	(04)
352		Bladder-		?F#		(05)
352	Thymus		Chakra-		?f#	(04)
384	"Gurdjieff vibration associated with root Chakra. Sixth harmonic of six, center of the brainwave spectrum."					(31)
384	Throat		Chakra-		?g	(04)
396	?G		(musical		note)	(26)
405			Violet			(26)
416	Psychic	Center	Chakra-		?ab	(04)
418.3		Bone-		?ab		(04)
420.82	Moon:	love,	sensitivity,	creativity,	femininity,	anima
438						Indigo
440		?A		(musical		note)
448	Third	Eye	Chakra-		?a	(04)
473						Blue
480	Crown		Chakra-		?b	(04)
492	Adrenal's,	Thyroid	&	Parathyroid-	?B	(05)
492		Spleen-		?B		(05)
495	?B	(musical	note)	Activates	niacin	(34)
495	The B, F, F# combo in BioAcoustics nourishes normal structure and function for kidneys, mineral distribution, high blood pressure and the system of fluid distribution through the body.					(34)
527						Green
528		?C		(musical		note)
580						Yellow
586	Circulation,		Sex-		?C#	(05)
594		?D		(musical		note)
597						Orange
660		?E		(musical		note)
700						Red
704		?F		(musical		note)
704	The B, F, F# combo in BioAcoustics nourishes normal structure and function for kidneys, mineral distribution, high blood pressure and the system of fluid distribution through the body.					(34)
1000			Cerebral			neurons
4,186	highest	note	on	a	piano	(20)
16,000	to	20,000	Upper	range	for	normal
					hearing	(20)
Energy/Chakra		Reference		Charts		(57)

7th - Crown/Sahasrara, Violet/white, Pineal, Upper brain/right eye, Integration of personality and Spirituality, 15 Hz/musical series of B
 6th - Brow/Ajna, Indigo/violet, Pituitary, Lower brain/left eye/ears/ nose/nervous system, Visualization/conceptualization, 13 Hz/ musical series of A
 5th - Throat/Vishuddha, Blue, Thyroid, Lungs/vocal chords, Expression/self in society, 12 Hz/musical series of G
 4th - Heart/Anahata, Green, Thymus, Heart/blood/circulatory system, Love of Life/love of self and others, 10.5 Hz/musical series of F
 3rd - Solar Plexus/Manipura, Yellow, Pancreas, Stomach/liver/ gall bladder/nervous system, Spiritual wisdom/self-healing, 10 Hz/musical series of E
 2nd - Sacral/Svadhithana, Orange, Gonads, Reproductive system, Relationships/sexuality, 9 Hz/musical series of D
 1st - Base/Muladhara, Red, Adrenals, Spinal column/kidneys, Physical energy/will to live, 8 Hz/musical series of C>

 Transcendental Meditation. Another interesting mathematical correlation with 40-Hz is the EEG during meditation. Banquet (1973) found 20- and 40--Hz EEG changes in advanced Transcendental Meditators during the third stage of meditation (considered to be deep meditation or "transcendence"). The EEG was characterized by a dominant Beta rhythm at 20-Hz. In summary, when the body is profoundly relaxed and the mind is in a state of high focus and concentration, 20- and 40--Hz brain activity can be seen in the raw and quantitative EEG of some subjects. It is possible that 18-22-Hz Beta and possibly 40--Hz neurofeedback training may help create a "relaxed body/focused mind" state of consciousness. Immediate Relaxation and Stress Relief. Choose between 5 to 10-Hz for different levels of relaxation. (51)

Meditation. Choose between 4 to 7-Hz, either cycle between a few, or stay at a particular frequency for different results. (51)

Induce Sleep. Choose between 4 to 6-Hz for starters, then go into frequencies below 3.5-Hz, settling on about 1.5 to 2.5-Hz for sleep. (51)

Improved Sleeping Patterns. Any of the Alpha and Theta frequencies (8 to 4-Hz) for 30-45 minute sessions. (51)

Treatment of Insomnia. Choose between 4 to 6-Hz for starters (1/2 hour), then go into frequencies below 3.5-Hz (1/2 hour), settling on about 1.5 to 2.5-Hz for sleep. (51)

Improved and Lasting Sense of Well Being. Try Theta (4 to 7-Hz) for 45 minutes, daily. (51)

Creative Visualization. About 6-Hz for a while, then up to 10-Hz works well. (51)

Stress Reduction. Any use of frequencies below 11-Hz will reduce stress. (51)

Alleviation of Migraines and Headaches. Experiment with Alpha and Theta combinations. (51)

Reduction of Depression Symptoms. Again, Alpha and Theta combinations, mostly theta. (51)

Self Hypnosis. Choose about 8 to 10-Hz while playing any self-hypnosis tape, or guided meditation. (51)

Super Learning. Choose about 7 to 9-Hz while playing any learning tapes, like foreign

language tapes, etc. to increase comprehension. Listen during study of written material. (51)

Subliminal Programming. Choose 5 to 7-Hz while playing your favorite subliminal tapes, or make your own by recording some affirmations, and mix paste them from the clipboard at barely audible volumes. (51)

Improve ESP / Intuition. Theta frequencies help in this area, 4 to 7-Hz. (51)

Reaching Higher States of Consciousness. Theta again, with daily half hour sessions. (51)

Quick Refresher on long days. Low Alpha 8 to 10-Hz for about 15 minutes works well. (51)

Increased Immune System. Relaxing to Alpha and Theta combinations daily. Using Alpha Synchronization (8 to 12-Hz), expect similar increases in neurochemical levels: 11% increase in Norepinephrine levels, 21% increase in Serotonin levels, 25% increase in Beta-Endorphin levels. (51)

I.Q. increases. In a controlled study, (Dr. Siegfried) Othmer has found that beta training (13 to 40 Hz) produces average IQ increases of 23 percent. In cases where the starting IQ value was lower than 100, the average IQ increase was 33 points. Othmer has also found dramatic improvements in visual retention and auditory memory, and the subjects showed major gains in reading and arithmetic. In a one-year follow-up study, the trainees showed major improvements in self-esteem and concentration and significant improvements in such areas as handwriting, school grades, sleep, irritability, organization, hyperactivity, verbal expression, and headaches...Amazingly the improvements seem to be permanent. (52)

Food Supplement. To my joy, I found a combination of dimethylaminoethanol (DMAE), a nutrient found in seafood, and binaural-beat signals worked well to offset my learning disabilities.

Biochemical processes linked by frequencies. All of the biochemical processes of the body are linked by frequency relationships as elucidated by Ms. Edwards. One elegant example is the frequency relationship between two of the minerals that are primary constituents of bone: if you combine the frequencies for each, the combined frequency is the frequency of the amino acid with binds the two into bone! <http://pweb.na2k.net/lifespirt/bionutrit.htm>

Effect of latency on aging. Also in 1959, Robert Ellingson, PhD, of the Nebraska Psychiatric Institute, examined the effects of photic stimulation on 700 babies. In his study, he placed a strobe light ten inches from the babies' faces. He noted that premature babies had response times (latencies) as long as 220 milliseconds (msec). Babies born at term had latencies of about 190 msec. These fell to nearly 100 msec by 15 weeks of age with very little change into adulthood. The amplitude of the evoked response in the babies was best when their eyes were closed and probably sleeping. <http://www.comptronic.com/history.htm>

Alcohol or drug addiction and the Alpha/Theta border. If the 40-Hz / subharmonics theory is correct, the objective in addictive work, is to teach the brain to open the fifth subharmonic "gate" of 40-Hz (7 to 8-Hz). It appears that the addicted person can open 40-Hz's fourth Harmonic gate (Alpha) with the alcohol or drugs, but, for some reason the alcoholic is not able to open the fifth subharmonic 7 to 8-Hz gate and sinks into the high-amplitude slow waves of profoundly lowered arousal (unconsciousness.) Alpha/Theta training may be a process by which the previously closed fifth subharmonic gate (40-Hz divided by 5) can be opened and certain critical neurochemistry accessed and results in some 80% of those addicts properly trained becoming non-craving, having a mellow personality and significantly adjusted

neurochemistry (Peninston & Kulkosky, 1990).

Meditation. Another interesting mathematical correlation with 40-Hz is the EEG during meditation. Banquet (1973) found 20 and 40-Hz EEG changes in advanced Transcendental Meditators during the third stage of meditation (considered to be deep meditation or "transcendence").

Das and Gastaut (1955), recording from seven trained Yogis, reported high amplitude levels of 40-Hz activity during the Samadi state, which is the final, most intense concentration state in this form of meditation. Pollini and Peper (1976) reported Beta activity at 18 To 20-Hz in subjects during meditation. In summary, when the body is profoundly relaxed and the mind is in a state of high focus and concentration, 20 and 40-Hz brain activity can be seen in the raw and quantitative EEG of some subjects. It is possible that 18 to 22-Hz Beta and possibly 40-Hz Neurofeedback training may help create a "relaxed body/focused mind" state of consciousness.

Sleep disturbances. The sound was a single sinusoidal tone that modulated between 285-Hz and 315-Hz at about 7 cycles per minute. We have found that a subliminal recording of this tone is clinically useful for some patients with sleep disturbances.

Male and female Sound Pressure Levels. Two equal amplitude sinusoidal tones with frequency differences of 2 -Hz, 5 -Hz, 8 -Hz, 10 -Hz, 15 -Hz, and 25 -Hz were embedded in pink noise at Sound Pressure Levels (SPL) of -17 dB(C) and -25 dB(C); which correspond to the effective subliminal ranges for males and females, respectively (Swingle, 1992).

Out-of-the-body experience. It was interesting to note the highest amplitude beta was at 40 and 22-Hz. These numbers resonate with some of the unpublished work done by Dr. Edgar Wilson and students of the Monroe Institute who were attempting to have an out-of-the-body experience. He found that as the students moved out-of-the-body, their beta activity increased dramatically at T3 and/or T4 with the highest amplitudes appearing at 22 and 40-Hz. Dr . Steven Fahrion presented a paper a couple of years ago concerning his work with healers and reported much the same results. Perhaps these papers will be published at some future date. (44)

PMS. An EEG study of six women with PMS demonstrated that, when they were premenstrual, their EEG's showed more slow (delta) activity and slower P300 evoked response than when they were mid-cycle. It is concluded that PMS belongs to a group of disorders characterized by excessive slow brainwave activity. In a treatment for PMS, seventeen women with PMS treated themselves with a take-home flashing light device for 15 to 20 minutes per day throughout their cycle, using frequencies of 18-Hz and 10-Hz alternating for two minute periods. Thirteen of the seventeen experienced a greater than 50% reduction in their symptoms. It is concluded that photic stimulation is an effective treatment for PMS. (53)

Treatment of Chronic Anxiety Disorder with Neurotherapy. In November, 1991 we introduced the patient to EEG feedback training, to relax and remove tension. The original protocol was to increase alpha (8 to 12-Hz) and decrease beta (16 to 20 -Hz). Initial baseline readings showed that the patient's dominant brain wave frequency was already alpha (amplitude greater than 35-Hz). Following 15 sessions of slow wave inhibit/fast wave increase EEG feedback training, the patient reported a significant reduction in anxiety-related symptoms. At a three-year follow-up, results of an MMPI-2 showed all clinical scales within normal range. In addition, self-reports confirmed that the patient was symptom free. (54)

Chronic Fatigue Syndrome (CFS). This study revealed CFS EEG microvolt levels were

significantly higher in the 5 to 7-Hz range in both conditions and were significantly lower in the 9 to 11-Hz range. This display of excess theta is assumed to reflect the cognitive difficulties associated with CFS. The increased microvolt levels found in the lower frequencies in CFS subjects may be indicative of deficits in information processing speed, psychomotor activity, attention, retrieval of information from semantic memory, and logical reasoning, and the metabolism of the cerebral cortex found in earlier studies between CFS patients and other disorders (DeLuca et al., 1995; Johnson et al., 1994; Krupp et al., 1994; Ray et al., 1993; Schwartz et al., 1994; Smith et al., 1993). (55)

Autism. Frankie has received 31 sessions of training in which he has been rewarded for raising his SMR (12 to 15-Hz) and decreasing theta (4 to 8-Hz) activity at various brain loci on the sensory-motor strip and parietal lobe. The behavioral changes and the brain wave changes in this 8-year-old autistic boy are viewed as a positive outcome of Neurotherapy. These results are suggestive that Neurotherapy can be an effective treatment for some of the symptoms of mild autism. (42)

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